

Safety Plan

If you are in an abusive relationship, having a Safety Plan worked out in advance can help you get out of the home safely and quickly if necessary. It is helpful to work through the steps, even if things are going smoothly. Bring your Safety Plan with you if you need to leave in a hurry.

Step One:

Think about:

- Where you can go to make a telephone call.
- A safe place where you can stay in an emergency. This may be with a friend or relative, a woman's refuge, or motel.
- The telephone number of the safe place.
- How to get to the safe place. Decide how you will get there at different times of the day and night.
- The number of a local taxi firm.
- What to tell the children, and how to tell it to them, when you need to put the Safety Plan into action.

Step Two:

Write down:

- Important phone numbers
- Your Centerlink CRN
- Your family's essential medicines
- Useful Phone Numbers, including:
 - Taxi
 - Women's Health Centre
 - Doctor
 - Hospital
 - Police Station
 - Housing Department
 - Solicitor
 - Women's Refuge/ Support Service
 - Local Courthouse
 - Rape Crisis Centre

Step Three:

Collect together the following items. Hide them somewhere you can get to them in a hurry:

- Enough money to get to a safe place by bus or taxi.
- An extra set of keys for your home.
- An extra set of keys for your car.
- Extra clothes for you and your children.

It may be a good idea to put them in a bag and store it with a friend.

Step Four:

Think about where you can find the following items in a hurry. Have a bag ready:

- School uniforms and some of your children's things;
- Essential medicines;
- Any court orders
- Marriage certificate
- Bank details
- Medicare card
- Birth certificates
- Pay slips

Step Five:

If you can, discuss your Safety Plan with a trusted friend so they can support you if you need to put it into action.

Keep your safety plan in a safe place. Ideally, somewhere you can get it quickly if you need to leave in a hurry.