

## Domestic Violence and Abuse Safety Plan

This domestic violence/abuse safety plan is broken down into categories. Please click on the heading below to jump to the section you require:

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**Always keep your safety plan safe and never leave it where it could be found by your abuser. Share this safety plan with a trusted friend or family member, and also with trusted agency workers you are in contact with. If you are happy to do so then give them a copy and then they can work with you to monitor your progress and review it if your circumstances change.**

### Safety during a domestic violent incident

- I can tell \_\_\_\_\_(neighbours) about the abuse and ask them to call the police if they hear sounds of a violent attack, coming from my house.
- If violence and abuse is occurring, or is likely to occur, I can move to \_\_\_\_\_ (a room with easy access to an exit). Don't go to the kitchen, bathroom or near possible weapons.
- The quickest/safest route out of my home is \_\_\_\_\_ and I have practiced escaping in this way
- The quickest/safest route out of my workplace is \_\_\_\_\_ and I have practiced escaping that way.
- I have taught my child/ren to use the telephone to call 999 in an emergency.

- I will carry change for a pay phone, and my mobile phone at all times and ensure that there is always credit so I can ring for help in an emergency.
- I will keep a small amount of money on me in case I need to leave quickly
- I have told my child/ren to get out of the room/leave the house/run to \_\_\_\_\_ for help in an emergency.
- I will use this code word/sentence \_\_\_\_\_ for my children, friends, or family to call for help.
- If I decide to leave, I will go to \_\_\_\_\_
- I will keep my purse and car keys \_\_\_\_\_ in order to leave quickly.
- I can pack an emergency bag and leave it at \_\_\_\_\_ so I can leave quickly.
- I will use my judgement and intuition. If the situation is very serious, I will try and give my partner whatever he/she wants to calm him/her down. It is important that I try to protect my children and myself until we can get out of danger.

### Safety when getting ready to leave

- I will keep important documents (birth and marriage certificates, passports, medical cards, benefit books, bank and building society books, rent/mortgage details, driving licence, car registration documents, details of car insurance, immigration documents) or copies at: \_\_\_\_\_
- I will leave some extra clothes, personal possessions, medication, cash and spare keys with \_\_\_\_\_
- I will open a savings account by \_\_\_\_\_ **(date)** to increase my independence so I can save as much money as possible without alerting the perpetrator, have letters sent to a new email address or a different address other than home.
- Other things I can do to increase my independence are:
- The 24 hour domestic violence national helpline number is 0808 2000 247
- My local domestic abuse support service is UAVA – United Against Violence and Abuse’s helpline number is: UAVA on 0808 80 200 28 (Open from 8.00am – 8.00pm, Monday – Saturday)
- Other numbers for support agencies are:

- I can stay with \_\_\_\_\_ in an emergency
- I can borrow money from \_\_\_\_\_ in an emergency
- If I plan to leave I won't tell my abuser in advance face –to-face, If I want to tell them I will leave or send a note, or call once I am in a safe place.
- I will ensure that I never tell my abuser where I am staying
- I will review my safety plan every \_\_\_\_\_ (time frame) in order to review whether it is still working for me.
- I will review the plan with \_\_\_\_\_ (a friend, agency worker, counsellor or advocate.)
- I will review and rehearse my escape plan every \_\_\_\_\_ (time frame) and practice it with my children.

### Safety At Home (if not living with the abuser)

- I can change my door locks, have extra locks installed and put locks on windows.
- I can ask trusted neighbours (if they know my ex-partner) to inform me if they see him anywhere near to my home.
- I can apply for extra security measures to be installed at my property, such as:
  - Secure windows and doors plus additional locks]
  - Intruder lights which respond when someone approaches my home
  - A camera which records if someone comes to my door
  - A home fire safety check including securing letter boxes, installing smoke detectors and adding fire extinguishers
  - **To learn more call UAVA on 0808 80 200 28**
- I will always ensure that I am clear which is the quickest escape route (dependent on where we are in the house), and will share this with my children.
- I will teach my children to dial 999, or to phone a friend or someone close by
- I will always use 141 before I make a call, but better still I will call 150 (Customer Services for BT) so my landline number can be withheld at all times.
- I will tell the people who care for my child/ren, who has permission to pick them up and that my partner is NOT allowed to. I understand that if my partner has parental responsibility then I will have to get a court order to stop them from being allowed to collect the children from school/nursery.
- I will inform the following people:
  - School \_\_\_\_\_
  - Nursery/Childminder \_\_\_\_\_
  - Babysitter \_\_\_\_\_
  - Teacher \_\_\_\_\_
- And \_\_\_\_\_

- I can get support to apply for legal orders intended to prevent harassment and future aggression. I can do this via:
  - [UAVA](#), my local domestic abuse support service **by calling** 0808 80 200 28
  - By contact the [National Centre for Domestic Violence \(NCDV\)](#) on 0800 970 2070
- I will keep copies of these court orders safe in case I need them in an emergency I will keep them \_\_\_\_\_
- Other agencies who I have given a copy of my court orders are:
  - \_\_\_\_\_ (local police station)
  - \_\_\_\_\_ (police domestic violence unit)
  - \_\_\_\_\_ (advice worker/support worker)
- I will tell (and give a copy of) my employer, my friends, my family, children's school etc and others that I have a court order.
- If my court order gets destroyed, I know I can go to the court in which it was made and get another copy.
- If my abuser violates the protection order, I will call the police and report it. I will call my solicitor, my advocate, counsellor, and/ or tell the courts about the violation.
- If the police do not help, I will call my advocate or my solicitor
- I will change my mobile phone number and my landline number
- I can block the abuser and only answer calls from identified known numbers, this can be done through a specific app that can blacklist/whitelist or by deleting all numbers associated to them including their family & friends and not answering withheld or unknown numbers
- I will get an answer phone to screen calls
- I will ask for number-withheld calls to be barred from my landline
- I will explain to my children that it's important to keep where we live confidential –
- I will stop using joint accounts and close them as soon as is possible - Some banks may let you close a joint account but if there is an overdraft or in debt you may only be able to freeze it

### **Safety at my place of employment and in public**

- If I am inside the car with the perpetrator I will not try and get out unless safe to do so and I will try and calm the situation-use my intuition and judgment
- If I am driving and the perpetrator is following me I can drive to the nearest police station/near cctv cameras, garage or anywhere there are lots of people
- If I am in a public place, I can call 999 if safe, stating my location first, stay near people, go into shops or public buildings, use my personal attack alarm, ask for help
- I can increase my awareness of my surroundings, is it safe to walk/drive, am I being followed, (keep personal attack alarm and phone with me) etc
- I can tell my boss, security, and \_\_\_\_\_ at work about this situation to assist in improving my safety
- I can ensure that the receptionist, security guard or front line staff have a description or photo of the perpetrator

- If appropriate I could ask to move desks, departments, shifts or even sites
- I can ask the IT department to change my e-mail address if it is not public, and whether it is possible to screen out e-mails from my abuser etc.
- I can ask \_\_\_\_\_ to help screen my phone calls.
- When leaving work I can do the following:  
\_\_\_\_\_  
\_\_\_\_\_
- When I am driving home from work and problems arise, I can:  
\_\_\_\_\_  
\_\_\_\_\_
- If I park my car at work I can park it in a safer local area (well lit, CCTV)
- If I use public transportation, I can: sit closest to the driver/exit and keep my personal attack alarm with me \_\_\_\_\_  
\_\_\_\_\_
- I will shop at different supermarkets and shopping centres at different hours than I did when I was with my partner.
- I will use a different bank and bank at different hours than I did when I was with my partner.
- I will change any regular appointments that my partner knows about
- I will alter my routines as much as possible

### Safety in Drug and Alcohol Use:

- If I am going to use drugs or alcohol, I am going to do it in a safe place with people who understand the risk of violence and who are committed to my safety.
- I can also \_\_\_\_\_
- I can also contact \_\_\_\_\_ for support to stop/reduce my use of alcohol/drugs.
- If my partner is using, I can \_\_\_\_\_
- I can also \_\_\_\_\_
- To protect my children, I can \_\_\_\_\_

### Safety with Emotional Health:

- If I feel depressed and ready to return to a potentially violent situation/ partner, I can call \_\_\_\_\_ for support and help.
- If I have to talk to my ex-partner on the phone I can:  
\_\_\_\_\_  
\_\_\_\_\_
- I will use "I can..." statements and I will be assertive with people.

- I can tell myself " \_\_\_\_\_ " when I feel people are trying to control or abuse me.
- I can call the following people and/ or places for support:  
\_\_\_\_\_  
\_\_\_\_\_
- Things I can do to make me feel stronger are:  
\_\_\_\_\_  
\_\_\_\_\_
- Things I have tried before which make me feel worse are:  
\_\_\_\_\_  
\_\_\_\_\_

**Home Computer/devices/social media:**

For up to date advice and support on digital stalking/abuse - a guide to technology risks for victims please visit the Women’s Aid website which also includes a link to specific tutorials relating to specific devices.

**If I am concerned my partner/ex-partner is tracking/monitoring me when I am still in the relationship:**

- I will only give my mobile number to people or agencies that are supporting my plans
- I will arrange that if I do not answer my phone people ask for (agreed pseudonym)
- I will consider putting a pin code lock on my phone if it is safe to do so
- I can change my settings so that notifications don’t appear on my home screen
- I can avoid using my phone or the landline for calls which may alert the perpetrator of my plans as it can be seen on bills. I will use it to call 999 in an emergency.
- I can ignore emails or attachments from unknown sources as these could contain spyware/snooping software that can monitor all my online activity
- I can turn off all location services on my phone if it is safe to do so
- I can check for spyware on my phone by downloading free software SPYBOT <https://www.safer-networking.org/>

**If I am concerned my partner/ex-partner is tracking/monitoring me after I have left the relationship and/or I am fleeing to a place of safety:**

- I can keep an extra phone and/or purchase an extra sim card and keep them in a safe place, if it is safe to do so (A different sim card will not stop partner tracking your phone)
- If my partner has purchased my phone for me and the online account is in their name, unfortunately I will have to leave that phone behind and buy a new phone, If the phone is in my name but my partner knows all my log in details, I will change all my passwords using a safe computer
- I can get my own personal computer checked for spyware/snooping software before using it again (there could be a cost to this)

- I can check for spyware on my phone by downloading free software SPYBOT <https://www.safer-networking.org/>
- I can use a safe computer at the library/friend's house to change the passwords and security questions on all of my online accounts including bank and social media and any cloud accounts connected to my phone.
- I can use different passwords for different accounts (Use new passwords Abusers often get access to information because they know or guess a password. Don't use a security question most Abusers can guess them)
- I can do a factory reset on my phone and not reinstall any apps I did not download myself

### **Safety with online Social Networks (e.g. facebook)**

- If I want to continue using social networks I can utilise the privacy settings available
- I can make sure my profile is only visible to friends and I can block the abuser
- I can report any threats and abuse to police/solicitor
- I can report any abusive messages/statuses/images about me online to the social networking site
- I can save abusive messages/statuses/images about me online or via my mobile and use screen grab facilities/or print screen
- I can aim not to retaliate or respond to any threats or abuse online
- I can explain to friends, family and co-workers that I am at risk and ask them to set their privacy settings to friends only and ask them not to accept people they don't know on their social network
- I will also ask friends, family and co-workers to be careful what they post about me online, photos or messages
- I can change my settings so tagging of photos is not allowed without my consent
- I can be careful what I post, not advertise new relationships, places I have been or discuss emotions. (Be aware that changing your status from 'in a relationship/married' to 'single' is a particular risk)
- If I feel I am still being stalked/harassed over social networks I can close my account and set up a new profile with an unrelated name, fake photo and only add most trusted friends.

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