

LE237E (2018/04)

Step⑦ Safety and Drug/Alcohol Consumption

The use of alcohol and/or drugs can reduce a victim's awareness and the ability to act quickly to protect both themselves and their children from the abuser. When drugs or alcohol are being used, a victim needs to make specific plans.

If drug or alcohol use is an issue in my relationship, I can improve my safety by some/all of the following:

- If I am going to use alcohol or drugs, I can do it in a safe place and with people who understand the risk of violence and are committed to my safety.
- I can (call a friend, call alcoholics anonymous sponsor, etc.): _____.

- If my partner is using alcohol or drugs, I can (leave with the children, call someone I trust): _____.

- To keep my children safe, I can (remove them from situations where my partner is using alcohol or drugs): _____.

- I can carry extra money for taxi/public transit.

Step⑧ Safety and My Emotional Health

Being abused and/or verbally degraded by a partner can be exhausting and emotionally draining. Building a new life for yourself takes courage and energy. To conserve my emotional energy and resources and avoid hard emotional times, I can do some of the following:

- If I feel down and ready to return to an abusive situation, I can (call a friend, relative or shelter worker for support): _____.

- When I have to communicate with my partner in person or by phone, I will tell them that I am recording our conversation and then do just that. I will also arrange to have a friend I trust or close relative there during these meetings/phone calls, or make plans for all communication to go through a lawyer or another trusted third party or: _____.

- I will use 'I can' statements with myself and be assertive with others.
- I can tell myself, 'I'm in charge of my life and confident in my ability to make decisions' or (other positive statements about my abilities) _____.

- when I feel others are trying to control or abuse me.

- I can read (self-help resources, religious books, etc.) or _____.

- to help me feel stronger.
- I can call (names of friends, family, and other support people): _____.

- to support me.
- Other things I can do to help me feel stronger in both body and mind are (continuing education/self-defense classes): _____.

- I can attend workshops and support groups through community resource centres, shelters for abuse victims, family resource centres or local health units located at: _____.

- to gain support and strengthen my relationships with other people.

Step⑨ Items to Take When I Leave

When victims leave their partners, it is important to take certain items with them. Beyond this, victims sometimes give an extra copy of important papers and an extra set of clothing to a friend just in case they have to leave quickly.

Items with asterisks (*) on the following checklist are the most important to take. If there is time, the other items might be taken or stored outside the home. These items might best be placed in one location so that, if you have to leave in a hurry, you can grab them quickly.

When I leave I will take:

- My I.D. (Birth certificate, driver's licence, passport, etc.)*
- Immigration papers*
- Children's passports*
- Children's birth certificates, adoption papers, custody orders*
- Social insurance cards*
- My partner's social insurance number*
- Keys - house, car, office*
- Money*
- Bank card*
- Bank statements*
- Mortgage documents*
- Divorce documentation*
- Medical records for all family members*
- My health card *
- My children's health cards*
- Medications/prescriptions, drug benefit cards*
- School and vaccination records*
- Certificate of Indian Status (status card)
- Work permits
- Lease/rental agreements, property deed(s)
- Photographs
- Computer
- Jewelry
- Small items that can be sold easily
- Insurance papers (life, home, car)
- Children's favorite toys and/or blankets
- Items of special sentimental value
- Vehicle ownership documents
- Government of Ontario Senior's Card
- Employment/pension documentation
- Income tax documents including receipts
- Credit cards

Personal Safety Plan

Domestic violence means an incident of violence or threat of violence occurring anywhere between:

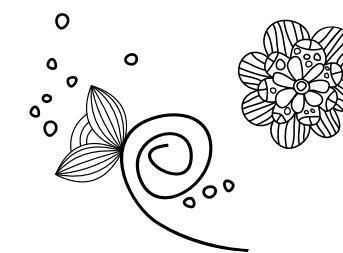
- husband and wife,
- same gender partners,
- common-law partners,
- any partnership involving intimacy, such as a dating relationship or an extramarital affair, and includes persons previously involved together in any of the above relationships.

The Criminal Code of Canada explains that criminal harassment occurs when a person, not having authority to do so:

- repeatedly follows, communicates, and/or watches an individual or anyone known to the individual, and/or
- watches the home, and/or workplace of the individual, or
- engages in threatening conduct directed at the individual or their family.

The person suspected of any of these activities must know that:

- The individual is being harassed and the activity is causing the individual to reasonably fear for their safety or the safety of anyone known to them.
- The term "Victim" will be used throughout the Personal Safety Plan and includes anyone who is, or perceives themselves to be, a victim of domestic violence and/or criminal harassment.
- The steps in this pamphlet represent a plan for increasing the personal safety of a victim of domestic violence and/or criminal harassment. The Personal Safety Plan is designed to help victims prepare for the possibility of violence. Victims have a choice about how to respond to a known offender, and how to best get themselves and their children to safety.



Children's Safety Plan

This Personal Safety Plan provides ways to keep your children safe and a way for them to get you immediate emergency help if necessary. Children need to understand the violence is not their fault and that it is not their responsibility to try to protect you from your abuser.

I can provide the following for my children:

- I can set up a safe room in our home for the children to go to if my partner becomes abusive. If possible, this room will be on ground level so the children can leave through a window if they need to.
- The safe room will have a lock on the door and a phone in a location known only to the children and myself, with the police emergency number pre-programmed on a speed dial.
- I can teach the children how to use the phone and where it is hidden. We will practice saying: 'Someone is hurting my mommy, daddy, aunt, stepmom, stepdad, etc.' in case they have to call the police.
- I can teach them to stay on the line with the police operator until the police arrive at our house.
- I can teach my children our phone number and complete address, including directions:

- The children and I can choose a code word:

to tell the children to go immediately to the safe room. I will have another code word:
_____ to tell the children to immediately leave our home and to run to:

(our pre-arranged 'emergency friend' such as our neighbour, the corner store etc.) and ask an adult to call the police.

- The children know where the 'emergency friend' is and the fastest way to get there:

- The children will contact their pre-arranged 'emergency caregiver' my closest friend:

, grandparents:
_____, religious leader:
_____, or another pre-selected responsible adult:

) immediately after the 'emergency friend' has called the police.

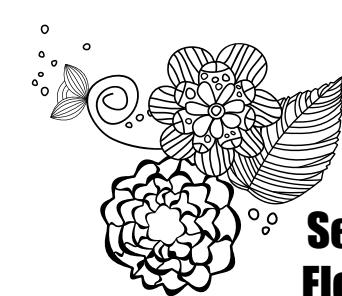
- The children will go with the 'emergency friend' to the home of the 'emergency caregiver' where I will meet them as soon as I am able.

Important Telephone Numbers

- Police, Fire, Ambulance: 911 or: _____
- O.P.P. Province-wide 1-888-310-1122
- 211 - A help line that will connect you with resources in your area such as shelters/victim services
- Shelter for Women: _____
- Rape Crisis Line: _____
- Women and Children's Crisis Line: _____
- Kid's Help Phone: 1-800-668-6868
Nationwide, 24 hours, both French and English; not just a crisis-line but to answer any question anytime.
- Victim Support Line: 1-888-579-2888
Victim Support Line Web address:
www.gov.on.ca/vicline
- Doctor: _____
- Religious Leader: _____
- Lawyer: _____
- Work: _____
- Work Supervisor's Home: _____
- Children's School: _____
- Children's Daycare: _____
- Social Worker: _____
- Police officer contact: _____

Notes or Other Important Telephone Numbers

Reprinted courtesy of Getting Out: An Escape Manual for Abused Women, Kathy L. Cawthon, 1996, Huntington House Publisher



Step 1 Safety During A Violent Incident

Violent incidents can't always be avoided but a Personal Safety Plan can help to increase the safety of you and your children. This list was designed to give you points to consider to better prepare you in case of a violent incident.

The following points can help you create a Personal Safety Plan:

- If I decide to leave, I can: _____

(Practice how to get out safely. For example, which doors, windows, elevators, stairwells or fire escapes will you use?)

- I can keep my purse/wallet/identification, car keys, and emergency cash ready and put them (place): _____

_____ so I can leave quickly.

- I can tell (list two trusted friends/neighbours' names and phone numbers): _____

about the violence and ask them to call the police if they hear suspicious noises coming from my house or if they can't find me.

- I can use: _____ as my code word with my friends/family so they can get help.

- If I have to leave my home, I can go to: _____

(Decide this even if you don't think there will be another violent incident).

- If I can't go there, then I can go to: _____

- I can also teach some of these plans to my children.

- When I think that my abuser and I are going to have an argument, I will try to move to a space that is lowest risk such as: _____

(Remember to avoid the bathroom, kitchen, garage, rooms with things that can be used as weapons and rooms without access to the outside).

- I will use my judgment and intuition. If the situation is very serious, I should consider doing what I know will calm my abuser down.

Step 2 Safety When Preparing To Leave

Abuse victims sometimes do leave the home they share with their abuser. Leaving should be well planned to increase safety. Abusers often strike back when they think that the victim is leaving the relationship.

- I can use some/all of the following plans:
I can leave money and an extra set of keys with _____

_____ so I can leave quickly.

- I can keep copies of important papers at: _____

- I can open a savings account by (date): _____

to be more independent.

- Other things I can do to be more independent include: _____

- I can call "211" to be connected with my local Women's Shelter, Rape Crisis Centre, Women and Children's Crisis Centre etc.

- I understand that a (charged) cell phone with no phone plan can still dial 911.

- I can keep change or a phone card with me at all times for phone calls.

- I understand that if I use my telephone, the following month's bill will tell my abuser which numbers I called. To keep my phone records confidential, I can either use coins or a phone card, or I will get a friend to let me use a phone.

- I can contact _____ and _____

for a temporary place to stay and for emergency financial help.

- I can leave extra clothes with _____

- I can sit down and review my safety plan every _____ (week/ two weeks/ month) to plan the safest way to leave the home. My case worker/friend: _____

has agreed to help me review this plan.

- I can practice my escape plan (with my children when possible).

(Remember to avoid the bathroom, kitchen, garage, rooms with things that can be used as weapons and rooms without access to the outside).

- I will use my judgment and intuition. If the situation is very serious, I should consider doing what I know will calm my abuser down.

Step 3 Safety Online and When Using My Cell Phone

Some steps that I can take to increase my safety online and when using a cell phone are:

- I can learn how to:
 - Delete my browsing history: www.wikihow.com/clear-your-browser's-cache.
 - Delete my browser's cookies: www.wikihow.com/clear-your-browser's-cookies.

- I will consider using a different computer at instead of the one at home.

- I can change passwords for online bank accounts, emails, etc., that my abuser knows or can easily figure out.

- Delete social media accounts (including Facebook, Twitter, Instagram, etc.). Make new accounts if I want to stay on social media.

- Limit what is shared on my social media accounts and make my settings as private as possible so my abuser can't keep track of what I'm doing or saying, or where I am.

- I won't share my location on social media, and will ask people I'm with to do the same.

- I can turn off or disable the GPS function on my cell phone and tablet.

- I can turn off the "find my iPhone" feature to prevent my abuser from tracking my location using this feature.

- I can call my phone company to have my phone number unlisted and to change my phone plan if my abuser has access to my records.

- I can block my phone number by dialing *67 before I make a call.

- I can block my abuser's phone number.

- I won't accept calls from private or blocked numbers.

- I can create an anonymous voicemail message or have someone else set one for me.

For an overview on how to keep safe online and on your phone I can visit: www.lukesplace.ca/resources/keep-safe-online.

Step 4 Safety in My Own Home

There are many things that a victim can do to increase safety in their home. It may be impossible to do everything at once, but safety measures can be added step by step.

Safety measures I can use include:

- Changing the locks on my doors and windows as soon as possible (Local victim services can sometimes help with this).

- Replacing wooden doors with steel/metal doors. Installing security systems like additional locks, window bars, poles to wedge against doors, an electronic system with a 'panic button'.

- Installing smoke detectors and purchasing fire extinguishers for each floor in my house or apartment.

- Installing outdoor motion lights.

- Teaching my children how to use the phone (including area code) to make a collect call to me and to a trusted friend, neighbour or relative: _____

- Teaching my children a code word that gives them permission to leave with a person other than me when that person uses that code word with my children.

- Remembering to give my code word to the person(s) I ask to pick up my children in an emergency or any other unusual situation AND changing the code word once it has been used.

- Give my child care providers a list outlining who has permission to pick them up and that my partner is not allowed to do so. The people I will tell about pick-up permission include: (school) _____

(daycare) _____

(babysitter) _____

(faith leader/teacher) _____

(teacher) _____

(coach/instructor) _____

(others) _____

- Telling (neighbours/friends): _____

that my partner doesn't live with me anymore and to call police if they see them at my home.

Step 5 Safety With A Court Order

Some abusers obey court orders such as peace bonds, where they promise the court that they will obey all terms and conditions of such an order. Unfortunately not all abusers will follow the court order.

The following are some steps that I can take to help enforce my partner's court order:

- Understand that I will need to report to the police if my partner disobeys any conditions of the court order. I also understand that I must not do anything that may cause my partner to breach the court order.

- Get a copy of my partner's court order from the court office located at: _____

and keep it with me.

- If I move to or work in another city/town, I will notify the Police Service or OPP Detachment in that area of my new address/work location AND tell them about my partner's violent behaviour including the details of any court order.

- For further safety, if I often visit other cities, towns or countries, I will notify the police service in the area I am visiting of my partner's violent behaviour and the details of any court order.

- I will tell my employer: _____

, religious leader: _____

, closest friend: _____

, my outreach worker at the local safety network or shelter: _____

, and _____

, that a court order has been issued against my partner, including all of the conditions that affect me and my children.

Step 6 Safety At Work and In Public

Each victim must decide if and when they will tell others that their partner can become violent and that they may be at risk. Friends, family and co-workers can help to protect the victim. A victim should carefully consider who they invite to help keep them safe.

I can do any or all of the following:

- Inform my boss, the security supervisor, and: _____ (secretary/co-workers, etc.), of my situation.

- Ask: _____ to help screen my phone calls at work. I can also use voice mail to screen my calls.

- When leaving work, I can walk from the building with: _____ (security, co-workers, and friends) for safety.

- If problems occur while I am driving home, I can: _____

(use my cell phone; personal sound-alarm; honk my horn continuously; drive directly to a well-lit public place that is open and filled with people; drive directly to the local Police Station/OPP Detachment when open for help).

- If I use public transit, I can: _____

(sit close to the front by the driver; arrange to have someone meet me at my bus stop and walk me home; once I get home, call a friend or relative to let them know I got home safely).

- I can shop at different grocery stores and shopping malls, and shop at different hours than the ones I normally used when living with my partner.

- I can also: _____

