

LE237E (2018/04)

**Step 7 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.

**Step 8 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) \_\_\_\_\_
- I can read (self-help resources, religious books, etc.) or \_\_\_\_\_
- I can call (names of friends, family, and other support people): \_\_\_\_\_
- I can attend workshops and support groups through community resource centres, shelters for abuse victims, family resource centres or local health units located at: \_\_\_\_\_
- I can gain support and strengthen my relationships with other people.

**Step 9 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:

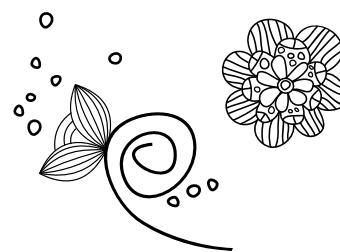
- husband and wife,
- same gender partners,
- common-law partners,
- any partnership involving intimacy, such as a dating relationship or an extramarital affair, and includes persons previously involved together in any of the above relationships.

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: \_\_\_\_\_
- I can 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](http://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**

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



**Seasonal Flowering Favourites**

