

## Safety Plan Check List

### While in the Relationship

While in a violent relationship there are a number of things you can do to increase your safety.

- Know your emergency contact numbers – you can call DVConnect 1800 811 811 (1800 numbers don't show up on telephone bills but STD numbers do) or the police on 000
- Consider escape routes from different rooms in your home
- Know where all your important paper work is so you can find it in a hurry
- Hide a change of clothing for you and your children – include all medications
- Set up a code word with friends and your children to alert them to call for help
- Keep an extra key to your house and car
- Find someone you can trust and talk to them about what is going on
- Contacting your local domestic violence service or the state-wide number can be useful to discuss your safety plan and access support.

### Planning to Leave the Relationship

Many individuals prefer to plan when they leave the relationship. When a relationship is violent you may only have a small amount of time to leave safely. Therefore it is important to be well prepared for when that chance arises.

- Identify a safe place for you to go
- Identify supports that are available to you



- Collect all important paperwork e.g. birth and marriage certificates, immigration papers, deeds etc. and keep it in a safe place [you may want to take it to a friend's house or another safe location outside of the home]
- Open a bank account in your own name and try to have some cash available
- Notify your children's school or Day Care of what you are planning to do and request that they keep this confidential
- Seek legal advice
- Contact Centrelink [you can often apply for income support prior to leaving and have this on hold until after you have left]
- You may also be able to access a crisis payment from Centrelink in the first week after you leave

## After You Have Left

Leaving a violent relationship does not always mean the violence will stop. If you have not gone to stay in a safe location such as refuge, you may need to take some extra safety precaution.

- Contact your local police station and let them know about your situation
- Ensure your phone numbers are silent and carry a mobile with you always
- Notify your children's school or Day Care Centre of the situation – provide them with any relevant documentation e.g. Domestic Violence Protection Order [DVPO], Family Court Orders etc.
- Have a password put on all your financial accounts, utilities accounts and with Centrelink
- If you have a DVPO, carry it with you at all times

