

Safety on the Job and in Public

- Decide who at work you will inform of your situation. This should include office or building security (provide a picture of your batterer if possible).
- Arrange to have someone screen your telephone calls if possible
- Identify a safety plan for when you leave work. Have someone escort you to your car, bus or train. Use a variety of routes to go home if possible. Think about what you would do if something happened while going home.

If you are a teen in a violent dating relationship

- If things in your relationship don't feel right to you, talk about it with someone you trust.
- Decide which friend, teacher or relative, you can go to in an emergency.
- Contact the police to learn how to obtain a restraining order and make a safety plan.

Always Remember:

You should never feel afraid in your relationship.

NO MEANS NO

Checklist: What you want to take with you when you leave

- Identification
- Driver's Licence, car title and registration
- Children's birth certificates
- Money
- Restraining order
- Lease, rental agreement, house deed
- Bank books/checkbooks
- Insurance papers
- House and car keys
- Medications
- Address books, pictures
- Medical records for all family members
- Social security card (S.I.N.)
- Welfare (OW) identification
- School records
- Work permits
- Immigration papers, passport
- Divorce papers
- Jewelry, children's' small toys
- Pets (if you can)

Important Phone Numbers

9-1-1 Police Fire Ambulance

Friends: _____

Relative: _____

Other: _____

Three Oaks
Box 22162
Belleville, ON
K8N 5V7

Phone: 613-966-3074 OR 1-800-267-0533 TTY/Voice
Centre Hastings: 473-1976
613-967-1416 administration
Fax: 613-966-6008 Email: three.oaks@bellnet.ca

Safety Planning



SHELTER AND SERVICES FOR ABUSED
WOMEN AND THEIR CHILDREN

**966-3074 OR
1-800-267-0533**

**Centre Hastings
473-1976**

Safety Planning for Situations of Women Abuse

Safety During an Explosive Incident

- If an argument seems unavoidable, try to have it in a room or area that has access to an exit. Avoid the bathroom, kitchen or anywhere near weapons.
- Practice how to get out of your home safely. Identify which doors, windows, elevator or stairs would be safe and easily accessible.
- Have a packed bag ready. Keep it in a secret but accessible place in order to leave quickly.
- Identify a neighbor you can tell about the violence and ask that they call the police if they hear a disturbance coming from your home.
- Make up a code word to use with your children family, friends and neighbors when you need the police.
- Decide and plan for where you will go if you have to leave home (even if you don't think you will need to).
- If the situation is very dangerous, use your own instinct and judgment to keep yourself safe. Call the police as soon as it is safe to do so. You can obtain a restraining order.

ALWAYS REMEMBER:

You have the right not to be abused in your relationship, either physically, emotionally or sexually!

Safety When Preparing to Leave

- Identify who would let you stay with them or lend you some money.
- Always try to take your children with you or make arrangements to leave them with someone safe.
- Leave money, an extra set of keys, copies of documents and extra clothes with someone you trust.
- Open a savings account in your own name to start to establish or increase your independence. Think of other ways in which you can increase your independence.
- Keep the shelter numbers close at hand and keep change or a calling card with you at all times.
- Review your safety plan with a friend or counsellor in order to plan the safest way to leave your batterer.

Always Remember:

The most dangerous time is when you leave.

Safety in Your Home

- Inform neighbours and landlord that you partner no longer lives with you and that they should call the police if they see your abuser near your home.
- Rehearse a safety plan with your children for when you are not with them.

- Inform your children's school or day care about who has permission to pick up your children. (Give them a copy of your restraining order)
- Change/Add locks to your doors and windows as soon as possible. Add a peephole and increase outdoor lighting if possible. Try to borrow a portable or cellular phone.
- Change your telephone number and make sure it is unlisted. Don't give it to anyone you don't trust.

Your Safety and Emotional Health

- If you are thinking of returning to a potentially abusive situation, discuss an alternative plan with someone you trust.
- If you have to communicate with your partner, determine the safest way to do so.
- Have a positive thoughts about yourself and be assertive with others about your needs.
- to attend a support group to gain support from others and learn about the law and your rights.
- Decide who you can call freely and openly to give you the support you need.
- Read books, articles and poetry to help you feel stronger.
- Collect resources and pamphlets concerning women abuse

YOU ARE NOT ALONE