

My Safety Plan

Use this plan to help you and your loved ones stay safe from abuse.

1. Fill in the blanks with information that applies to you.
2. Use the “To do” lists in this plan.
3. Make extra copies of your plan to share with trusted support people.

You can also get a support person to help you fill out your plan.

Staying safe at home

- Things that usually trigger abuse or that happen before my abuser hurts me:

- This is the safest way to enter or leave my home:

- If I can't leave my home, I can go to these rooms if I'm in danger:

(Think of rooms that have ways to escape and doors that lock, but don't have things like kitchen knives and power tools)

- Places near or in my home that I can avoid when I am alone:

(Places like stairwells and rooftops)

- If I need to call for help, telephones are located in these places:

- A safe place close by that I can go if I don't have a car:

- A friend or family member I can stay with overnight:

- People I can call for help (besides 911):

Name: _____ Number: _____

Name: _____ Number: _____

Neighbour: _____ Number: _____

- My code word to tell family and friends that I need help is:

Organizations I can contact for help:

The Assaulted Women's Helpline :

1-866-863-0511 (English)
www.awhl.org

Fem'aide :

1-877-336-2433 (Français)
www.femaide.ca

Ontario's Victim Support Line:

If you are a victim of crime and would like to speak to an information and referral counsellor

1-888-579-2888 (English, French,
and other languages through an
interpreter)
www.ovc.gov.on.ca

Talk 4 Healing:

If you are an Indigenous woman living in Northern Ontario and speak English, Ojibway, Oji-Cree, or Cree

1-855-554-4325
www.talk4healing.com

Ganohkwasra Family Assault Support Services:

If you are part of the Six Nations of the Grand River community

1-519-445-4324
www.ganohkwasra.ca

Call **211** to get the phone number for:

The distress line in my region: _____

The closest shelter: _____

To do:

- Hide originals of important documents in a safety deposit box or with a trusted friend.
- Keep copies of all court orders, like a restraining order, peace bond, or access order, with me at all times.
- Practise leaving my home and getting my emergency bag. See the last page of this safety plan for a checklist of things to pack.
- Add telephone numbers to my cell phone for support people and the closest shelter. I can use a fake contact name if I don't want anyone to know I may call a shelter.
- Memorize important telephone numbers in case I can't get to my cell phone.
- Tell family and friends my code word for when I need help, and tell them what I want them to do.
- Other: _____

Other things to do if I do **not live with my abuser:**

- Change the locks on my home if I think my abuser may have a key. Note: If you're married to your abuser and living in the home you shared with them, you might need a court order or agreement before you can do this.
- Add extra security, such as an alarm system, more locks, or window bars.
- Let someone know when I get home safely.
- Tell friends, family, and employers not to share my contact information or tell my abuser where I am.
- If there is no reason for my abuser to come to my home (such as child pickups or dropoffs), tell neighbours to call me or call for help if they see my abuser near my home. Show or give them a picture of my abuser.
- Have someone with me if my abuser comes to my home to pick up or drop off my child.
- Other: _____

Keeping children safe

- My child's code word to leave the home or to call for help is:

- This is the safest way for my child to enter or leave my home:

- A safe place close by that my child can go to:

- If my child can't leave the home, they can go to these rooms if they are in danger:

(Think of rooms that have ways to escape and doors that lock, but don't have things like kitchen knives and power tools)

- People my child can call for help if they don't feel safe:

Name: _____ Number: _____

Name: _____ Number: _____

- Only these people can pick my child up:

To do:

- Tell the school, daycare, etc., who can pick my child up. Give them a copy of any court orders or agreements.
- Tell the school, daycare, etc., not to share my contact information with anyone.
- Other: _____

Depending on my child's age and my situation, I can go over this plan with my child and I can:

- Teach them my code word for when I need help, and tell them what I want them to do. Also teach them a code word for when they need help.
- Tell them where the telephones at home are and teach them how to use a landline if they need to call 911 or someone else for help.
- Teach them how to use a cell phone if they need to call 911 or someone else for help.
- Teach them what to say when they call 911 or someone else for help. For example, their name, my name, and our address.
- Tell them who can pick them up, and to go to the closest adult or call for help if someone else tries to pick them up.
- Tell them if I want them to answer the door or pick up the phone.
- Tell them not to tell anyone where I am or where they are.
- Other: _____

Staying safe at work

- Who I can tell about my abusive situation:

- This is the safest way to go to and leave my work:

- How to contact security or my co-workers if I feel unsafe at work:

To do:

- Practise using the safe ways to go and leave my work.
- Avoid stairwells and other quiet areas when I'm alone.
- Ask someone to walk with me to work or to my car.
- Ask my employer and co-workers not to share my contact information or tell my abuser where I am.
- Ask someone to screen my calls at work.
- Show security and my co-workers a photo of my abuser.
- Other: _____

Staying safe online and when using my phone

To do:

- Learn how to stay safe online and when using my phone. For an overview visit: www.lukesplace.ca/resources/keep-safe-online
- I will learn how to:
 - delete my browsing history: www.wikihow.com/clear-your-browser's-cache
 - delete my browser cookies: www.wikihow.com/clear-your-browser's-cookies
- If I live with my abuser, I will use a computer at _____ instead of at home.
- Change passwords for online bank accounts, emails, etc., that my abuser knows or can easily figure out.



- Delete my social media accounts (including Facebook, Twitter, Instagram, etc.).
Make new accounts if I want to stay on social media.
- Limit what I share on social media and make my account settings as private as possible so that my abuser can't keep track of what I'm doing or saying, or where I am.
- Not share my location on social media, and ask people I'm with to do the same.
- Turn off or disable the GPS function on my cell phone and tablet.
- Call my phone company to have my phone number unlisted and to change my phone plan if my abuser has access to my records.
- Block my phone number by dialing *67 before I make calls.
- Block my abuser's phone number.
- Not accept calls from private or blocked numbers.
- Set an anonymous voicemail message or have someone else set one for me.
- Other: _____

Staying safe in public

To do:

- Have my cell phone and charger with me at all times.
- Ask someone to come with me.
- If I have to be somewhere alone, call _____ when I leave or arrive safely.
- If I use public transit, sit near the driver or near the emergency alarm.
- Call one of these taxi phone numbers if I feel unsafe taking public transit:

- Avoid places where my abuser may be, such as:

- Change any routines that might make it easy for my abuser to find me (for example, grocery stores I go to and the hours that I usually go).
- Learn the exits of the places I normally visit.
- Learn the address for the police stations nearby:

- Other: _____

Staying safe in my car

To do:

- Have my cell phone and charger with me at all times.
- Call someone when I leave or arrive safely.
- Check the back seat before getting into my car.
- Check if there is a GPS tracking device on my car.
- Check if my car's navigation system tracks where I go and if I can delete that history.
- Have someone walk me to my car.
- Keep my keys in my hand when going to my car.
- Make sure my gas tank is full.
- Know different routes to get to home, work, or other places I normally go.
- If my abuser is following me I can drive to:

- Other: _____

My Emergency Bag Checklist

Use this checklist to help you pack a bag in case you need to leave your home quickly.

Keep this bag somewhere safe in your home or with a trusted friend or family member. You should leave immediately if you have safety concerns. Only get your bag if you are able to do so safely.

- Copies or photographs of important documents
 - birth certificates for you and your children
 - marriage certificate
 - immigration papers
 - passports
 - work permits
 - banking books and records
 - mortgage or lease documents for home and car
 - car registration
 - medical records
 - insurance documents
 - copies of court orders
- Extra sets of keys that I need, like home, car, and work keys
- Medications and prescriptions
- Change of clothes
- Special or valuable items, like family photos, important jewellery, small gifts from my family
- Children's important items
 - medications and prescriptions
 - special toys
 - vaccination records
 - change of clothes
- Other: _____

Keep my wallet and purse in a spot where I can get them quickly. Make sure I have my:

- credit cards
- debit cards
- some cash
- health card
- driver's licence
- cheque book
- Social Insurance Number (SIN) card
- cell phone and charger