



Safety Plan For Domestic Violence

Have a portable phone within arms reach at all times (cell phone included) – wall phones are not recommended – if necessary buy a couple more portable phones and place them around the house – possibly even in kids’ bedrooms for them to use in an emergency.

Know where your purse is at all times and keep it within easy reach.

In your purse have:

- car/house keys
- wallet
- bank cards
- care cards (for you and kids)
- emergency contact numbers
- Any other important documents (prescriptions, etc.)

Have an escape plan from the house that the kids know and have practised. If your kids are downstairs, where do they go to escape - if in a bedroom, how do they get out safely? Have a meeting point outside of your home where you can meet the kids in case you get separated. Make sure kids know this spot and know that they are to go there even by themselves. A good spot is a known safe neighbour’s house.

Teach kids that they can call 911 anytime they feel unsafe. They **DO NOT** need direction from parents to call. **They will not be in trouble if they call.** Teach kids how to call for help, even on a cell phone and make sure they know where all the phones in the house are.

If you feel unsafe, threatened, think violence is going to occur or violence has occurred – leave with the kids **IMMEDIATELY**. Have a plan of where you are going to go and how you are going to get there. Some examples of safe places:

- Police station
- hospital emergency
- family/friends house who are supportive of your situation

If you don’t want to call police for help, know your alternatives:

- Victim Services
- Transition Houses
- Your family doctor

If you have concerns about violence towards your children, it is **IMPERATIVE** that you notify someone in authority.

- Police
- Ministry for Children and Family Development
- Your child's school