

SAFETY Planning



Are planning to leave a relationship or planning to stay for now?

These steps will assist you plan to leave an abusive relationship and to keep you and your children safe. It's important that you do not discuss your intention with anyone unless it is someone you trust to minimise the risk if the abuser finding out about your plan.

Providing it is safe to do so, pack a bag which contains the following items. Ideally give this bag to a trusted family member, friend or neighbour for safe keeping. If this is not possible, store that bag in a safe location not accessed by the abuser:

- **Copy of any court documents including intervention orders, breach of intervention orders, custody order, divorce papers**
- **Medicines for you and if applicable your children**
- **Copies of birth certificates for you and your children**
- **Copies of marriage certificate**
- **Drivers licence, Medicare, healthcare cards, other photo identification**
- **Bank account details, credit cards and cash to cover taxi, train bus transport costs if required**
- **Copies of other important documents such as lease/loan, mortgage, insurance, residency documents**
- **Set of spare keys for the car house**
- **Essential toiletries and personal care items**
- **Change of clothes for you and each of your children**
- **A favourite toy for each child**
- **Compile a list of important numbers - family, friends, insurance, work, landlord, school, doctor, and solicitor; consider giving a copy of this list to someone you trust**
- **Items of sentiment or value such as photos and family jewellery**

If you have a beloved pet or pets, you will need to make arrangements for the pet to be placed in a safe place. Contact an agency such as RSPCA Pets in Crisis, Animal Aid Pets in Peril or discuss accommodation options with your vet.

As part of safety plan, purchase or borrow mobile phone with a prepaid sim card that cannot be traced back to you. Store emergency contacts including 000 for police in the phone and keep the phone with you at all times.

Identify a room that is safe that has a window or a door you can escape through; the kitchen, bathroom, tool shed, garage or a room where the abuser has access to instruments or weapons are the most dangerous rooms in the house

Plan, a safe time to leave, an escape route from your house for you and your children, and a method of transport to safety.