

SAFETY Planning



Guide for when planning to stay at home

If you have been threatened or you and your family are in danger now – call 000 Emergency or Police

Making a plan for you to stay at home also requires some thought to ensure you and your children are safe and remain so.

If the abuser is still in the home environment develop your safety plan as per the guide above including compiling a list of emergency numbers to have with you at all times in case you need them

If the abuser has left home or has been removed from the house and you are able to return, consider the following guide:

- **Make the area around the house safer including trimming under bushes and low lying trees**
- **Change all locks, install deadlocks, window locks and outside sensor lights**
- **Install security screens on front and rear doors, and if possible on windows**
- **Install CCTV cameras to monitor who comes to the property**
- **Install sensor lights around the house including near the front and back doors**
- **Install a wide-scope peep hole that will give 200 degree vision to see who is on your door step; always ask for identification and if you are uneasy or in danger call 000.**
- **Liaise with neighbours and share with them what is going on and ask if they could let you know of any suspicious behaviour and if necessary contact police if they hear anything unsettling coming from your home create a journal to record any uninvited interaction with the abuser. This may include: breaches of any intervention orders; hovering around the house or any other suspicious behaviour, phone calls, hang ups.**
- **Contact with neighbours**
- **Ensure you report each breach of an intervention order to police**
- **Ensure the power supply box is secure; if access is required to read meters, make arrangements with the power retailer**
- **Have a supply of torches and batteries in case needed**
- **For added protection get a dog; if you have dog, maybe get a second dog that is not familiar with the abuser; rescue dogs are a great option in particular select a breed known for being security dogs**

NB: You may be eligible for the Victims Assistance Scheme to reimburse changing locks and improving security around your home.