Domestic Violence and Abuse Safety Plan

This domestic violence/abuse safety plan is broken down into categories. Please click on the heading below to jump to the section you require:

1. Safety during a domestic violent incident
2. Safety when getting ready to leave
3. Safety at home (if not living with the abuser)
4. Safety at my place of employment and in public
5. Safety in drug and alcohol use
6. Safety with emotional health
7. Safety with home computer/devices/social media
8. Safety with online Social Networks (e.g. facebook)

Always keep your safety plan safe and never leave it where it could be found by your abuser. Share this safety plan with a trusted friend or family member, and also with trusted agency workers you are in contact with. If you are happy to do so then give them a copy and then they can work with you to monitor your progress and review it if your circumstances change.

Safety during a domestic violent incident

• I can tell ___________________________(neighbours) about the abuse and ask them to call the police if they hear sounds of a violent attack, coming from my house.

• If violence and abuse is occurring, or is likely to occur, I can move to __________________________________ (a room with easy access to an exit). Don’t go to the kitchen, bathroom or near possible weapons.

• The quickest/safest route out of my home is _______________________________ ________________________________and I have practiced escaping in this way

• The quickest/safest route out of my workplace is _______________________________ ________________________________and I have practiced escaping that way.

• I have taught my child/ren to use the telephone to call 999 in an emergency.
• I will carry change for a pay phone, and my mobile phone at all times and ensure that there is always credit so I can ring for help in an emergency.

• I will keep a small amount of money on me in case I need to leave quickly

• I have told my child/ren to get out of the room/leave the house/run to ________________________ for help in an emergency.

• I will use this code word/sentence ________________________ for my children, friends, or family to call for help.

• If I decide to leave, I will go to ________________________

• I will keep my purse and car keys ________________________ in order to leave quickly.

• I can pack an emergency bag and leave it at ________________________ so I can leave quickly.

• I will use my judgement and intuition. If the situation is very serious, I will try and give my partner whatever he/she wants to calm him/her down. It is important that I try to protect my children and myself until we can get out of danger.

Safety when getting ready to leave

• I will keep important documents (birth and marriage certificates, passports, medical cards, benefit books, bank and building society books, rent/mortgage details, driving licence, car registration documents, details of car insurance, immigration documents) or copies at: ________________________________________________________________

• I will leave some extra clothes, personal possessions, medication, cash and spare keys with ________________________________________________________________

• I will open a savings account by _____________ (date) to increase my independence so I can save as much money as possible without alerting the perpetrator, have letters sent to a new email address or a different address other than home.

• Other things I can do to increase my independence are:

• The 24 hour domestic violence national helpline number is 0808 2000 247

• My local domestic abuse support service is UAVA – United Against Violence and Abuse’s helpline number is: UAVA on 0808 80 200 28 (Open from 8.00am – 8.00pm, Monday – Saturday)

• Other numbers for support agencies are:
• I can stay with _________________________________________ in an emergency
• I can borrow money from ________________________________ in an emergency
• If I plan to leave I won’t tell my abuser in advance face–to–face, If I want to tell them I will leave or send a note, or call once I am in a safe place.
• I will ensure that I never tell my abuser where I am staying
• I will review my safety plan every _______________ (time frame) in order to review whether it is still working for me.
• I will review the plan with ______________________________ (a friend, agency worker, counsellor or advocate.)
• I will review and rehearse my escape plan every _______________ (time frame) and practice it with my children.

Safety At Home (if not living with the abuser)

• I can change my door locks, have extra locks installed and put locks on windows.
• I can ask trusted neighbours (if they know my ex-partner) to inform me if they see him anywhere near to my home.
• I can apply for extra security measures to be installed at my property, such as:
  o Secure windows and doors plus additional locks]
  o Intruder lights which respond when someone approaches my home
  o A camera which records if someone comes to my door
  o A home fire safety check including securing letter boxes, installing smoke detectors and adding fire extinguishers
  o To learn more call UAVA on 0808 80 200 28
• I will always ensure that I am clear which is the quickest escape route (dependent on where we are in the house), and will share this with my children.
• I will teach my children to dial 999, or to phone a friend or someone close by
• I will always use 141 before I make a call, but better still I will call 150 (Customer Services for BT) so my landline number can be withheld at all times.
• I will tell the people who care for my child/ren, who has permission to pick them up and that my partner is NOT allowed to. I understand that if my partner has parental responsibility then I will have to get a court order to stop them from being allowed to collect the children from school/nursery.
• I will inform the following people:
  School____________________________________________________________
  Nursery/Childminder__________________________________________________
  Babysitter__________________________________________________________
  Teacher____________________________________________________________
  And ________________________________________________________________
• I can get support to apply for legal orders intended to prevent harassment and future aggression. I can do this via:
  - **UAVA**, my local domestic abuse support service by calling 0808 80 200 28
  - By contact the National Centre for Domestic Violence (NCDV) on 0800 970 2070

• I will keep copies of these court orders safe in case I need them in an emergency I will keep them _____________________________________________________

• Other agencies who I have given a copy of my court orders are:
  - _____________________________________________ (local police station)
  - _____________________________________________ (police domestic violence unit)
  - _____________________________________________ (advice worker/support worker)

• I will tell (and give a copy of) my employer, my friends, my family, children's school etc and others that I have a court order.

• If my court order gets destroyed, I know I can go to the court in which it was made and get another copy.

• If my abuser violates the protection order, I will call the police and report it. I will call my solicitor, my advocate, counsellor, and/ or tell the courts about the violation.

• If the police do not help, I will call my advocate or my solicitor

• I will change my mobile phone number and my landline number

• I can block the abuser and only answer calls from identified known numbers, this can be done through a specific app that can blacklist/whitelist or by deleting all numbers associated to them including their family & friends and not answering withheld or unknown numbers

• I will get an answer phone to screen calls

• I will ask for number-withheld calls to be barred from my landline

• I will explain to my children that it’s important to keep where we live confidential –

• I will stop using joint accounts and close them as soon as is possible - Some banks may let you close a joint account but if there is an overdraft or in debt you may only be able to freeze it

**Safety at my place of employment and in public**

• If I am inside the car with the perpetrator I will not try and get out unless safe to do so and I will try and calm the situation-use my intuition and judgment

• If I am driving and the perpetrator is following me I can drive to the nearest police station/near cctv cameras, garage or anywhere there are lots of people

• If I am in a public place, I can call 999 if safe, stating my location first, stay near people, go into shops or public buildings, use my personal attack alarm, ask for help

• I can increase my awareness of my surroundings, is it safe to walk/drive, am I being followed, (keep personal attack alarm and phone with me) etc

• I can tell my boss, security, and _____________ at work about this situation to assist in improving my safety

• I can ensure that the receptionist, security guard or front line staff have a description or photo of the perpetrator
• If appropriate I could ask to move desks, departments, shifts or even sites
• I can ask the IT department to change my e-mail address if it is not public, and whether it is possible to screen out e-mails from my abuser etc.
• I can ask_________________________ to help screen my phone calls.
• When leaving work I can do the following:

• When I am driving home from work and problems arise, I can:

• If I park my car at work I can park it in a safer local area (well lit, CCTV)
• If I use public transportation, I can: sit closest to the driver/exit and keep my personal attack alarm with me__________________________

• I will shop at different supermarkets and shopping centres at different hours than I did when I was with my partner.
• I will use a different bank and bank at different hours than I did when I was with my partner.
• I will change any regular appointments that my partner knows about
• I will alter my routines as much as possible

Safety in Drug and Alcohol Use:

• If I am going to use drugs or alcohol, I am going to do it in a safe place with people who understand the risk of violence and who are committed to my safety.
• I can also _______________________________
• I can also contact_________________________ for support to stop/reduce my use of alcohol/drugs.
• If my partner is using, I can _______________________________
• I can also _______________________________
• To protect my children, I can__________________________

Safety with Emotional Health:

• If I feel depressed and ready to return to a potentially violent situation/ partner, I can call_________________________ for support and help.
• If I have to talk to my ex-partner on the phone I can:

• I will use "I can..." statements and I will be assertive with people.
• I can tell myself "____________________________________________________"
  when I feel people are trying to control or abuse me.
• I can call the following people and/or places for support:
  _________________________________________________________________
  _________________________________________________________________
• Things I can do to make me feel stronger are:
  _________________________________________________________________
• Things I have tried before which make me feel worse are:
  _________________________________________________________________

Home Computer/devices/social media:

For up to date advice and support on digital stalking/abuse - a guide to technology risks for
victims please visit the Women’s Aid website which also includes a link to specific tutorials
relating to specific devices.

If I am concerned my partner/ex-partner is tracking/monitoring me when I am still in
the relationship:

• I will only give my mobile number to people or agencies that are supporting my plans
• I will arrange that if I do not answer my phone people ask for (agreed pseudonym)
• I will consider putting a pin code lock on my phone if it is safe to do so
• I can change my settings so that notifications don’t appear on my home screen
• I can avoid using my phone or the landline for calls which may alert the perpetrator of my
plans as it can be seen on bills. I will use it to call 999 in an emergency.
• I can ignore emails or attachments from unknown sources as these could contain
spyware/snooping software that can monitor all my online activity
• I can turn off all location services on my phone if it is safe to do so
• I can check for spyware on my phone by downloading free software SPYBOT
  https://www.safer-networking.org/

If I am concerned my partner/ex-partner is tracking/monitoring me after I have left the
relationship and/or I am fleeing to a place of safety:

• I can keep an extra phone and/or purchase an extra sim card and keep them in a safe
  place, if it is safe to do so (A different sim card will not stop partner tracking your phone)
• If my partner has purchased my phone for me and the online account is in their name,
  unfortunately I will have to leave that phone behind and buy a new phone, If the phone is
  in my name but my partner knows all my log in details, I will change all my passwords
  using a safe computer
• I can get my own personal computer checked for spyware/snooping software before
  using it again (there could be a cost to this)


• I can check for spyware on my phone by downloading free software SPYBOT
https://www.safer-networking.org/
• I can use a safe computer at the library/friend’s house to change the passwords and
security questions on all of my online accounts including bank and social media and any
cloud accounts connected to my phone.
• I can use different passwords for different accounts (Use new passwords Abusers often
get access to information because they know or guess a password. Don’t use a security
question most Abusers can guess them)
• I can do a factory reset on my phone and not reinstall any apps I did not download
myself

Safety with online Social Networks (e.g. facebook)
• If I want to continue using social networks I can utilise the privacy settings available
• I can make sure my profile is only visible to friends and I can block the abuser
• I can report any threats and abuse to police/solicitor
• I can report any abusive messages/statuses/images about me online to the social
networking site
• I can save abusive messages/statuses/images about me online or via my mobile and
use screen grab facilities/or print screen
• I can aim not to retaliate or respond to any threats or abuse online
• I can explain to friends, family and co-workers that I am at risk and ask them to set their
privacy settings to friends only and ask them not to accept people they don’t know on
their social network
• I will also ask friends, family and co-workers to be careful what they post about me
online, photos or messages
• I can change my settings so tagging of photos is not allowed without my consent
• I can be careful what I post, not advertise new relationships, places I have been or
discuss emotions. (Be aware that changing your status from ‘in a relationship/married’ to
‘single’ is a particular risk)
• If I feel I am still being stalked/harassed over social networks I can close my account and
set up a new profile with an unrelated name, fake photo and only add most trusted
friends.

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your abuser. Share this safety plan with a trusted friend or family member, and
also with trusted agency workers you are in contact with. If you are happy to do so
then give them a copy and then they can work with you to monitor your progress
and review it if your circumstances change.