

Personal Safety Plan

A Violent Incident



Keep **purse, wallet, identification, important documents, passport, car keys, emergency cash, clothes, etc.** in a designated place in order to leave quickly



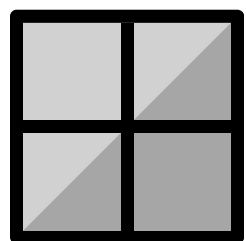
Tell a few trusted **friends / neighbors** about the violence and **request they call the Police** if they hear a suspicious noise or can't locate me



Teach children how to contact police and provide their name, location, age

Hippo

Come up with a **code word** that is shared between children, friends, and family that signals to go get help



When I expect my partner and I are going to have an argument, I will **try to move to a low risk space** (Avoid bathroom, kitchen, garage, rooms with weapons, and rooms without access to outside)

When Preparing to Leave

Open your own **savings account** to increase independence

Camrose Women's Shelter: **(780) 672 1035**

Sherwood Park Women's Shelter:
(780) 464 7233

To make emergency phone calls and keep them private, keep change for phone booths and/or get an **alternate phone** (should also change phone numbers)

Arrange for a **temporary place to stay** and apply for emergency financial assistance

Regularly **review safety plan** and discuss and **rehearse it with children**



In Own Residence



- Change locks on doors and windows
- Replace wooden doors with steel or metal doors
- Install security systems: locks, window bars, electronic systems with "panic button"
- Purchase rope ladders to escape from second floor windows

- Install smoke detectors and purchase fire extinguishers for every floor
- Teach children how to call me in the case partner abducts children
- Inform the people who take care of my children of which people have permission to pick up my children, this includes: school, day-care staff, baby-sitter, teacher, coach/instructor).
- Inform neighbours, friends, and family that my partner no longer reside with me and they should call the Police if he is observed near my residence

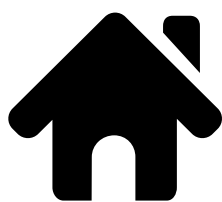
Safety with a Court Order (Peace bond, bail conditions, probation orders)



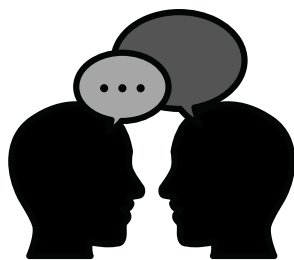
Report to **Police** when partner breaches any conditions of the court order



Keep copy of **partners court order on personal** at all times (can receive from the court office)



If relocate to another city / town or obtain work in a city / town other than where reside, **notify the Police service in that city / town of new address or work location, partners behavior, and partners court order**



Inform **employer, religious leader, friends, family, outreach worker** that a court order has been issued against partner and its conditions

Safety on the Job and in Public

Inform **boss, security supervisor, co-workers, etc.** at work of the situation

When **leaving work, walk with security, coworkers, or friends** to ensure safety

If **problems arise when driving home** call someone, honk horn continuously, personal sound alarm, drive to a well lit public place (open and heavily populated), drive to the local Police detachment

If use **public transit** sit close to the front, arrange to have someone meet at bus stop and walk home, call a friend / family member to let know arrived safely

Use **different grocery stores and shopping malls** and shop at **different hours**

Drug and Alcohol Consumption

- If going to consume, do so in a **safe place** with people who understand the risk of violence
- **Call a friend** or alcoholics anonymous sponsor
- If **partner is consuming**, leave with children, call a friend, call a friend of partners
- To **safeguard children** remove them from scene where partner is consuming



Emotional Health

If **not ready to return** to a potentially abusive situation **call a friend, relative, or shelter worker** for support

When **communicating with partner** inform them the conversation is **recorded**, arrange for a **family member or friend to be present** at all communications, or arrange for all contact to go **through a lawyer**

Attend **workshops and support groups** offered through the church, community resource centre, women's shelter or women's resource centre to gain support and strengthen relationships
