

## What is a Safety Plan?

Call our crisis line (780-875-0966) to get more information and support on safety planning. A safety plan involves identifying the steps you can take to increase your safety and helps to prepare you and your children in advance for the possibility of further violence.



### The following suggestions will help keep you safe:

- Know your partners' triggers (i.e. stress, pay days, alcohol).
- Move to a space that is low risk when you suspect there will be an argument.
- Try to stay out of places that do not have exits (i.e. bathrooms, bedrooms).
- Know escape routes from different areas of your home – teach your children these routes and practice using the escape routes from different areas.
- Have a safe meeting place outside the home in case you and your children become separated.
- Ensure your children know your address and telephone number.
- Teach your children how to use the telephone and how to dial 911 in case of emergency.
- Have a code word for your children and your family so that they know to call for help when they hear that word
- If you call someone and do not want your partner to know, call another number that is non-threatening to your partner immediately after, so your call cannot be traced.
- Be aware of your children's ability to keep information confidential and be sure they do not overhear information that you do not want your partner to know.

### If you are planning to leave, here are some things you can do:

- If possible, put aside an amount of money in cash to avoid being detected when you leave.
  - Keep an extra set of car or house keys at a safe place (friend or family member's house).
  - Open a separate bank account in your name and put as much as you can into it. Avoid getting the bank statement sent to the address you share with your partner.
  - Copy and collect all important documents and store them in a safe place (friend/family member's home or a safety deposit box in a bank that your partner does not go to)
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| <ul style="list-style-type: none"><li>• Health Care and Social Insurance Cards</li><li>• Credit and bank cards, cheque book</li><li>• Birth certificates (for you and your children)</li><li>• Passport, immigration or citizenship papers</li><li>• Titles of property, lease, mortgage, and insurance papers</li></ul> | <ul style="list-style-type: none"><li>• Immunization cards for your children</li><li>• Driver's license and car registration</li><li>• Custody order, separation or divorce papers</li><li>• Medical prescriptions</li></ul> |
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