

**Are** you experiencing abuse by your partner, but aren't sure how to protect yourself or how to leave?

The person who gave you this brochure is concerned about your safety and may have noticed some possible warning signs of abuse. They want you to know they support you and that, although you cannot control your partner's violence, you may be able to increase your own safety and that of your children.

## Developing a Safety Plan

**Safety** planning is a top priority, whether you choose to remain in the home or leave. Making a safety plan involves identifying actions to increase your safety and that of your children.

The following are some suggestions that might be helpful to you. Take one action at a time and start with the one that is easiest and safest for you.

## Protecting yourself while living with an abuser

**Tell** someone you trust about the abuse.

**Think** about your partner's past use and level of force. This will help you predict what type of danger you and your children are facing and when to leave.

**Tell** your children that abuse is never right, even when someone they love is being abusive. Tell them the abuse isn't your fault or their fault; they did not cause it, and neither did you. Teach them it is important to keep safe when there is abuse.

**Plan** where to go in an emergency. Teach your children how to get help. Tell them not to get between you and your partner if there is violence. Plan a code word to signal they should get help or leave.

**Don't** run to a place where the children are, as your partner may hurt them as well.

**Create** a plan to get out of your home safely and practice it with your children.

**Ask** your neighbours, friends and family to call the police if they hear sounds of abuse and to look after your children in an emergency.

**If** an argument is developing, move to a space where you can get outside easily. Don't go to a room where there is access to potential weapons (e.g. kitchen, workshop, bathroom).

**If** you are being hurt, protect your face with your arms around each side of your head, with your fingers locked together. Don't wear scarves or long jewellery.

**Park** your car by backing it into the driveway and keep it fuelled.

**Hide** your keys, cell phone and some money near your escape route.

**Have** a list of phone numbers to call for help. Call the police if it is an emergency. Your local shelter or police may be able to equip you with a panic button/cell phone.

**Make** sure all weapons and ammunition are hidden or removed from your home.

## Getting Ready to Leave

When you are planning to leave, here are some suggestions:

**Contact** the police or a local women's shelter. Let the staff know that you intend to leave an abusive situation and ask for support in safety planning. Ask for an officer who specializes in woman abuse cases (information shared with the police may result in charges being laid against the abuser).

**If** you are injured, go to a doctor or an emergency room and report what happened to you. Ask them to document your visit.

**Gather** important documents: identification, bank cards, financial papers related to family assets, keys, medication, pictures of the abuser and your children, passports, health cards, personal address/telephone book, cell phone, and legal documents (e.g. immigration papers, house deed/lease, restraining orders/family court orders).

**If** you can't keep these things stored in your home for fear your partner will find them, consider making copies and leave them with someone you trust. Your local women's shelter will also keep them for you.

**Consult** a lawyer. Keep any evidence of physical abuse (such as photos). Keep a journal of all violent incidents, noting dates, events, threats and any witnesses.

**Put** together pictures, jewellery and objects of sentimental value, as well as toys and comforts for your children.

**Arrange** with someone to care for your pets temporarily, until you get settled. A shelter may help with this.

**Remember** to clear your phone of the last number you called to avoid his utilizing redial.

For a global list of abuse hotlines, shelters, and women's organizations in over 80 languages, go to:  
[www.hotpeachpages.net](http://www.hotpeachpages.net)

JocelynCoupal

[www.JocelynCoupal.com](http://www.JocelynCoupal.com)

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## Leaving the Abuser

Here are some suggestions for your personal safety when you leave:

**Request** a police escort or ask a friend, neighbour or family member to accompany you when you leave.

**Contact** your local women's shelter. It may be a safer temporary spot than going to a place your partner knows.

**Do not** tell your partner you are leaving. Leave quickly.

**Have** a back-up plan if your partner finds out where you are going.

## After Leaving

Here are some actions you should take after you or your partner has left the relationship

**Visit** the closest police station and ask to speak to an officer who specializes in woman abuse cases.

**Consider** applying for a restraining order that may help keep your partner away from you and your children.

**Keep** it with you at all times.

**Provide** police with a copy of any legal orders you have.

**Consult** a lawyer or legal aid clinic to protect yourself or your children.

**Let** your lawyer know if there are any Criminal Court proceedings.

**Consider** changing any service provider that you share with your ex-partner.

**Obtain** an unlisted telephone number, get caller ID and block your number when calling out.

**Make** sure your children's school or day care centre is aware of the situation and has copies of all relevant documents (restraining orders, etc.).

**Carry** a photo of the abuser and your children with you.

**Ask** your neighbours to look after your children in an emergency and to call the police if they see the abuser.

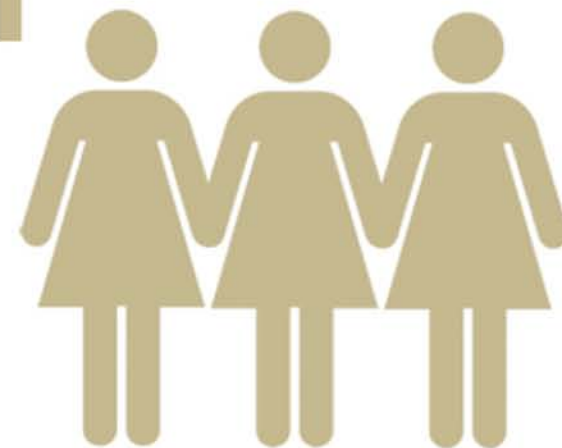
**Take** extra precautions at work, at home and in the community. Consider telling your supervisor at work about your situation.

**Think** about places and patterns that your ex-partner will know about and try to change them. For example, consider using a different grocery store or place of worship.

**If** you feel unsafe walking alone, ask a neighbour, friend or family member to accompany you.

**Do not** return to your home unless accompanied by the police. Never confront the abuser.

## Safety Planning for Women Who are Abused



"Don't let domestic violence walk away."

We are all touched by the impact of domestic violence and have a personal responsibility to help end it. Recognizing it is the first step.

Take the warning signs seriously.

For further information, visit:

[www.jocelynCoupal.com](http://www.jocelynCoupal.com)

**Everyone in the community has a role to play in helping to end domestic violence. You can reach out to organizations in your community that support abused women and those that can help abusers.**