

SAFETY PLAN

There's no right or wrong way to develop a safety plan. Use what applies. Add to it. Change it to reflect your particular situation. Make it your own, then review it regularly and make changes as needed.

Keep it in a safe place

Planning to leave - Leaving- Staying

Keep these items in a safe place-

- Copy of Protection Order
- Medicine for you and your children
- Copies of Birth Certificates for you and your children
- Passports for you and your children
- Clothes
- Toiletries
- Children's toys
- Spare cash, ATM card and money for taxi / bus if needed
- Drivers licence
- Copies of bank details
- Any other important documents eg. insurance or residency papers
- Important phone numbers
- Your loved and treasured items like photos or jewellery
- If possible get a cell phone and keep this with you. Work and Income may be able to help you buy a cell phone. Even a pre-pay cell phone with no money on it can be used to call Emergency 111

Emergency numbers you may need: -

Police 111 or ask for Fire Service they are often quicker

Family Action 8.30am - 4.30pm Ph 836 1987

Domestic Violence Helpline (Shine) 7.30am - 11pm Ph 0508 744 633

Shakti 24 hour crisis Ph 0800 742 584

Victim Support Ph 0800 842 846

Auckland Sexual Abuse (HELP) 24 hour crisis line - Ph 623 1700

Doctor _____

Lawyer _____

Friends / whanau / family _____

Keep these with you - your partner can learn who you've been talking to by looking at phone bills and cell phones.

Preparation for a crisis - things to do with your children (if appropriate)

- Rehearse your escape plan
- Teach them how to use the telephone to contact the police and the fire department. Make sure they know their address
- Use a code word with your children or your friends so they will call for help
- Teach them how to use the auto dial (programme emergency numbers to autodial)

Important tips

- Prearrange to see who would be able to let you stay with them, lend you some money, a phone and keep spare keys
- You can increase your independence by opening a bank account and getting credit cards in your own name; taking classes or getting job skills
- Tell your neighbours about the violence and request they call the police if they hear violent noises coming from your house

Protection Order

- Always know where your protection order is kept, you can get another copy from the court that issued it if necessary.
- Inform friends and neighbours and family that you have a protection order.
- If my partner breaches the order, I can call the police and report the breach, contact my lawyer and call my advocate.

At Work and in Public

- You can inform your boss about your situation and ask them to screen calls at work.
- You can change your patterns - avoid stores, banks, doctor's appointments and places where your partner might find you.
- You can inform people that your partner and you are no longer together and ask them to call the police if they believe you and your children are in danger.

Emotional & physical health and well being

- If your feeling down, lonely, anxious, depressed or confused, call or ask for help from your support networks, including Family Action Counselling Ph 836 1987.
- Take care of your physical health needs by getting a check-up with your doctor and dentist. The Antara Clinic provide free natural health care, counselling, massage etc in Waitakere Ph 834-7987.
- If you have left your partner and are considering returning, speak to your support networks before making your decision.

After Leaving

- Change the locks on doors and windows and replace wooden doors with steel / metal doors
- Install security systems including additional locks, window bars, poles to wedge against doors
- Report any incidents, abusive texts and social networking manipulation
- Install smoke detectors and put fire extinguishers on each floor in my home
- Tell people who take care of your children which people have permission to pick them up and make sure they know how to recognise these people by photos
- Report any child safety concerns to your lawyer or lawyer for your child

To keep myself and my children safe I have to protect myself until I / we are out of danger.