



Safety Plan and Tips

If you do decide to leave your relationship, you may need to do some or all of the following. Although not all abusers will become dangerous when the relationship is ending, it is a good idea to be prepared just in case. Your abuser will be at his most unpredictable during this phase.

Try to have the originals of the following documents, but it is important to have photocopies as well. Put them in a safe place or leave the copies with someone you trust.

- Birth certificates (yours and your children's)
- Marriage Certificate
- Passports and/or Immigration papers
- Insurance policies — personal
- Insurance policies — home/car
- Immunization history of your children
- Bank accounts — if you have internet banking print off all accounts and their respective balances
- Rental Agreement or Mortgage papers
- School reports
- Prescriptions for medicines
- Any Intervention Orders
- Receipts of anything of value you have purchased

Together with any of the above, also keep important phone numbers, credit cards, health care cards, driver's licence, and sentimental items such as jewellery. If you are going to a women's shelter, you will need clothes and toiletries. If you have children don't forget their favourite toy. However, if you have to leave with nothing, your safety and that of your children is paramount, and necessities

can be found for you. Take any money you have with you.

If you telephone anyone and are afraid your partner may find out, dial another number (one he/she won't question) so that if redial is activated who you have spoken to will not be revealed to them.

There are many websites that can give you more detailed information. If you have to use a computer your partner has access to, after searching websites and while your internet browser is still open, click on Tools and scroll down to Clear Private Data and click on this too. This should clear your search history, but if you are unsure perhaps using a computer of a trusted friend or one at an internet café will be preferable.

Lost custody of your children? If you have been separated from your children and don't have contact with them anymore, consider setting up a Facebook or MySpace account. You can put your thoughts, letters, photos etc. on these sites. Tell them how much you love them and miss them. As these sites are widely used — it may be how your children can find you when they are old enough, or you can find them.