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## Safety Plan for women living in potentially violent situations.

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### Be Prepared

Domestic violence is a pattern of behaviours. If it has happened once it is likely to occur again. It is therefore very important to be prepared and create your personal safety plan to protect yourself.

### Safety Plan

Leave \$5 or more and an extra set of car keys hidden outside your house or at a neighbour's house.

Keep important documents (birth certificates, medical records, financial records, marriage certificate/licence etc.) and extra clothing at a friend's house or hidden near an exit.

Try to develop friendships with neighbours, tell those who you can trust about the violence. Ask them to agree to call the police if they hear suspicious noise coming from your house.

Develop a code word with two friends that lets them know that you need to get out now.

Let your child's teacher and school principal know enough about the situation to respond supportively in the crisis. Try to get them to agree to not release the children to their father, should you report to them that you are about to leave home.

Decide now where you will go, how you will get there etc. the next time he becomes violent. (Do this even if you really don't think there will be a next time).

If you tell him that you will leave if he ever hits you again, think about whether you're giving him permission to hit you "just one more time".

Try to avoid arguments in the bathroom, in the garage, in the kitchen, near weapons or any other place that has sharp or heavy equipment/instruments around.

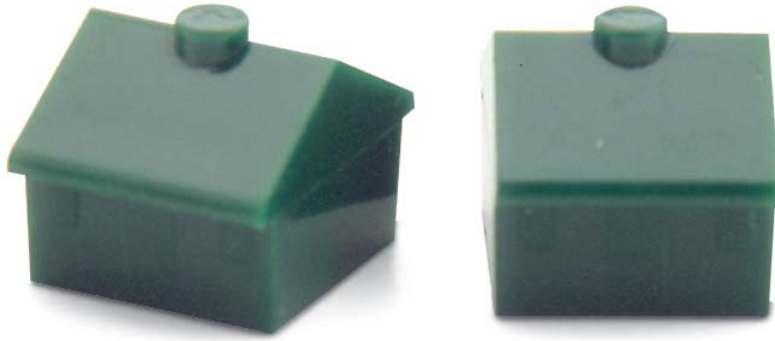
If he seems to be "building up" and you can't safely leave, try to keep your back towards an open space NOT a corner.

Always remember, you do not deserve to be hurt



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## Important Items Checklist

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### Important Items

If you need to leave home quickly, it may help to have a number of important items within easy access that you can take with you.

#### Checklist

- o medicare card
- o health care cards
- o school and medical records
- o money, bankbook, passports
- o credit cards
- o keys--house/car/office
- o driver's license
- o medications
- o change of clothes
- o rental agreements
- o address book
- o pictures, jewellery
- o items of sentimental value
- o children's favourite toys

### Thank You

Thank You to the Southern Family Life for these details. SFL are a not for profit community organisation based in Melbourne. You can visit their website at [www.southernfamilylife.org.au](http://www.southernfamilylife.org.au) or contact them on 03 9598 2133



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