

My safety plan

Use this plan to help you and your loved ones stay safe from family violence.

1. Fill in the blanks with information that applies to you.
2. Use the “To do” lists in this plan.
3. Make copies of your plan and share them with people you trust.

A support person can also help you fill out your plan.

Staying safe at home

- Things that usually trigger abuse or that happen before my abusive partner hurts me:

- This is the safest way to enter or leave my home:

- If I can't leave my home, I can go to these rooms if I'm in danger:

(Think of rooms that have ways to escape and doors that lock, but do not have things like kitchen knives and power tools.)

- Places near or in my home that I can avoid when I am alone:

(Places like apartment stairwells and rooftops.)

- If I need to call for help, I can use the telephone located in these places:

You can find more information about **Abuse and Family Violence** at stepstojustice.ca.

This is general legal information for people in Ontario, Canada. It is not intended to be used as legal advice.

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- A safe place close by that I can go to if I don't have a car:

- A friend or family member I can stay with overnight:

(Think of a person who will not tell your abusive partner where you are.)

- People I can call for help (besides 911):

Name: _____ Number: _____

Name: _____ Number: _____

- My code word to tell trusted family and friends that I need help is:

Organizations I can contact for help:

The Assaulted Women's Helpline:

1-866-863-0511 (English)
awhl.org

Fem'aide:

1-877-336-2433 (Français)
femaide.ca

Ontario's Victim Support Line:

If you are a victim of crime and would like to find out about government programs, call their support line

1-888-579-2888 (English, French, and other languages through an interpreter)
ontario.ca/page/victim-services-ontario

Talk 4 Healing:

If you are an Indigenous woman living in Northern Ontario and speak English, Ojibway, Oji-Cree, or Cree

1-855-554-4325
talk4healing.com

Ganohkwasra Family Assault Support Services:

If you are part of the Six Nations of the Grand River community

519-445-4324
ganohkwasra.com

Distress Centres of Toronto:

416-408-4357 or 408-HELP

Call **211** to get the phone number for:

The distress line in my region: _____

The closest shelter: _____

To do:

Learn how to lock doors that don't have a lock, for example, a bedroom door. Visit: dailyhomesafety.com/how-to-lock-a-door-without-a-lock/

Hide originals of important documents like passports, birth certificates and school or work diplomas or certificates somewhere safe. For example, in a safety deposit box or with a trusted friend.

Keep copies of all court orders, for example, a restraining order, peace bond, or parenting order, with me at all times.

Get my wallet or purse ready. See the last page of this safety plan for a checklist of what to keep in it.

Practice leaving my home and getting my emergency bag. See the last page of this safety plan for a checklist of things to pack.

Add telephone numbers to my cell phone for support people and the closest shelter. Use a fake contact name if I don't want anyone to know I may call a shelter.

Memorize important telephone numbers in case I can't get to my cell phone.

Tell family and friends my code word for when I need help.

Learn what to do if my abusive partner has intimate pictures of me. Visit: ywcacanada.ca/guide-on-sexual-image-based-abuse/

Update my information in places where my abusive partner is listed as my emergency contact.

Make a plan for my pet, if I have any. For example, who will care for them if I need to stay in a shelter that doesn't accept pets.

Put my kitchen utensils and knife block in the cupboards so they are not as easily accessible.

Request the police to put a "premise history" on my address on file. This will give the officers responding to my call more information and alert them of a potentially dangerous situation.

Talk to a lawyer to get legal information and advice on what to do before or after I leave my abusive partner.

Other: _____

Other things to do if I do not live with my abusive partner:

Change the locks on my home if I think my abusive partner may have a key. Note: if you're married to them and living in the same home, you might need a court order or agreement before you can do this.

Add extra security to my home, such as an alarm system, more locks, or bars on windows.

Don't leave a spare house key in obvious places like my mailbox or under my door mat.

Let someone know when I get home safely.

Tell friends, family, and employers not to share my location or contact information with my abusive partner or on social media. Tell other service providers, such as my doctor or vet not to share this information either.

If I have to meet with my abusive partner, do so in a public place that is not too quiet or loud. And bring someone with me.

If there is no reason for my abusive partner to come to my home, for example, to pick up or drop off my child, tell my landlord or neighbours to call me or call for help if they see them or their car near my home. Show or give them a picture of my abusive partner.

Try to communicate with my abusive partner mainly in writing, such as by email, so I have a record of our conversation.

Have someone with me if my abusive partner comes to my home to pick up or drop off my child.

Other: _____

Keeping children safe

- My child's code word to leave the home or to call for help is:

- This is the safest way for my child to enter or leave my home:

- A safe place close by that my child can go to:

- If my child cannot leave the home, they can go to these rooms if they are in danger:

(Think of rooms that have ways to escape and doors that lock, but do not have things like kitchen knives and power tools.)

- People my child can call for help if they do not feel safe:

Name: _____ Number: _____

Name: _____ Number: _____

- Only these people can pick my child up from school or daycare:

To do:

Tell the school, daycare, etc., who can pick my child up. Give them a copy of my court orders or agreements.

Tell the school, daycare, etc., not to share my contact information with anyone.

Practice safe ways to drop off and pick up my children from school. Talk to the school about using another entrance, or doing this outside regular hours.

If your children are young, consider making a safety plan in pictures of what to do in an emergency. Share it with your children, their school and daycare.

Other: _____

Depending on my child's age and my situation, I can go over this plan with my child and I can:

Teach them my code word for when I need help and tell them what I want them to do. Also teach them a code word for when they need help.

Teach them how to use a landline if they need to call 911 or someone else for help.

Teach them how to use a cell phone if they need to call for 911 or someone else for help.

Teach them what to say when they call for help. For example, their name, my name, and our address.

Tell them who can pick them up, and to go to the closest adult or call for help if someone else tries to pick them up.

Tell them if I want them to answer the door or pick up the phone.

Tell them not to tell anyone where I am or where they are, including on social media.

Other: _____

Staying safe at work

- Who I can tell about my abusive situation:

- This is the safest way to go to and leave my work:

- How to contact security or my co-workers if I feel unsafe at work:

To do:

Practice using the safe ways to go to and leave my work.

Avoid stairwells and other less busy areas when I'm alone.

Ask someone to walk with me to work or to my car.

Ask my employer not to post my employee profile online.

Ask my employer and co-workers not to share my contact information or tell my abusive partner where I am, including on social media.

Ask someone to screen my calls at work.

Show security and my co-workers a photo of my abusive partner.

Other: _____

Staying safe online and when using my phone

To do:

Learn how to stay safe online and when using my phone.

Visit: lukesplace.ca/resources/keep-safe-online

I will learn how to:

delete my browsing history - [wikihow.com/Clear-Your-Browser's-Cache](https://www.wikihow.com/Clear-Your-Browser's-Cache)

delete my browser's cookies - [wikihow.com/Clear-Your-Browser's-Cookies](https://www.wikihow.com/Clear-Your-Browser's-Cookies)

disable all digital tracking information from my social media apps

If I live with my abusive partner, I will use a computer at _____
instead of at home.

Change passwords for online bank accounts, emails, etc., that my abusive partner knows or can easily figure out.

Limit what my children and I share on social media and make my account settings as private as possible so that my abusive partner cannot keep track of me.

Don't share my location on social media, and ask people I'm with to do the same.

Turn off or disable the GPS function on my cell phone and tablet.

Block my abusive partner and their social contacts from all my accounts.

Call my phone company to have my phone number unlisted and to change my phone plan if my abusive partner has access to my records.

Block my phone number by dialing *67 before I make calls.

Block my abusive partner's phone number.

Don't accept calls from private or blocked numbers.

Set an anonymous voicemail message or have someone else set one for me.

Consider deleting all my social media accounts and setting up new ones.

Other: _____

Staying safe in public

To do:

Have my cell phone and charger with me at all times.

Ask someone to come with me.

If I have to be somewhere alone, call _____ when I leave or arrive safely.

If I use public transit, sit near the driver or near the emergency alarm.

Call one of these taxi phone numbers if I feel unsafe taking public transit: _____

Avoid places my abusive partner may be, such as: _____

Change any routines that might make it easy for my abusive partner to find me.

For example, grocery stores I go to and the hours that I usually go.

Learn the exits of the places I normally visit.

Learn the address for the police stations nearby: _____

Other: _____

Staying safe in my car

To do:

Have my cell phone and charger with me at all times.

Call someone when I leave or arrive safely.

Check the back seat before getting into my car.

Check if there is a GPS tracking device on my car.

Check if my car's navigation system tracks where I go and if I can delete that history.

Have someone walk me to my car.

Keep my keys in my hand when going to my car.

Make sure my gas tank is full.

Know different routes to get to home, work, or other places I normally go.

If my abusive partner is following me I can drive to: _____

Other: _____

Staying safe emotionally

To do:

- Learn about support groups and join one.
- Have positive thoughts about myself and be assertive with others about my needs.
- Take time for myself to read, meditate, play music, etc.
- Remember to eat nutritional food and to get enough sleep.
- Decide who I can call to give me the support I need, and call them when I need to.
- Learn about the law and my rights.
- Avoid drinking too much alcohol or doing drugs as a way to relax.
- Make time for regular exercise or activity.

If I'm injured or have to leave in an emergency

To do:

- Go to a doctor, emergency room, or a clinic and report what happened to me. Ask them to document my visit. Get copies of the reports.
- Have a back-up plan if my partner finds out where I'm going.
- Open a bank account in my name only, if I don't have one.
- Give my new address to Canada Post to forward my mail if I move. Let them know they should **not** send a notice to my old address.

My emergency bag checklist

Use this checklist to pack a bag in case you need to leave your home quickly.

Keep this bag somewhere safe in your home. Only get your bag if you are able to do so safely. You can also keep it with a trusted friend or family member.

Copies or photographs of important documents for you and your children

- birth certificates
- marriage certificates
- immigration papers
- passports
- work permits, certificates, or diplomas
- bank books and records and income-tax returns
- mortgage or lease documents for home and car
- car registration
- medical records
- insurance documents
- copies of court orders
- emergency cash

Pictures of my abusive partner and of their car

Evidence of the abuse, for example, pictures, hospital and police reports, notes, journals

Extra sets of keys that I need, like home, car, and work keys

Medications and prescriptions

Change of clothes and important electronic devices and chargers

Special or valuable items, like family photos, important jewellery, small gifts from my family

Children's important items

- medications and prescriptions
- vaccination records
- special toys
- change of clothes

Other: _____

Keep my wallet and purse in a spot where I can get them quickly. Make sure I have my:

- credit cards
- debit cards
- cash
- health card
- driver's licence
- cheque book
- Social Insurance Number (SIN) card
- cell phone and charger