

Safety Plan for Victims of Domestic Violence



Victim Services
of Bruce Grey & Owen Sound Inc.

Victim Services Crisis Numbers
519-376-9852 or Toll Free: 1-866-376-9852

What is Domestic Abuse?

Domestic violence is a pattern of coercive behavior used by one person in an intimate relationship to gain power and control over another. In addition to physical violence, abuse includes name calling, humiliating in front of others, controlling what one wears, says and does, controlling financial decisions, destroying property, and using children to control one's partner. Domestic abuse happens between people of all racial, economic, educational and religious backgrounds, in heterosexual and same-sex relationships; whether living together or separately with a partner, married or unmarried, in a short-term or long-term relationship, it can happen to you.



Victim Services *of Bruce Grey & Owen Sound Inc.*

Our Mission Statement:

*In partnership with Emergency Services
& Community Agencies,
we provide immediate support
to victims of crime and tragic circumstances.*

Introduction

It is important to know that although you do not have control over your (ex) partner's violence, it is possible to increase your own, as well as your children's, safety when being subjected to this abuse. Creating a safety plan involves identifying action steps to increase your safety, and to prepare in advance for the possibility of further violence. This information package offers many suggestions and ideas that we hope you will find useful. However, don't try to do everything right away. Take it a step at a time, and start with the ideas that seem most doable for you.

An assessment tool is available at www.mosaicmethod.com. The MOSAIC Threat Assessment Systems can organize details and help you assess your situation, identify your risk and identify a safety plan. It is a computer-assisted assessment method that organizes and expresses research and expert opinion and applies it to individual assessments. The system is designed to enhance the safety and well-being of victims. It is a free service that takes approximately one hour to complete.

It is important to become familiar with and to review and/or revise your safety plan regularly. Abusive situations and risk factors can change quickly.

I will keep this document in a safe place and out of the reach of my abusive partner.

I will review my Safety Plan on

(date): _____

Updated: _____

Updated: _____

If you need help in filling out this Plan you may ask the local shelter staff, Victim Services, or a close and trusted friend.

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An Emergency Escape Plan

The Emergency Escape Plan focuses on the things you can do in advance to be better prepared in case you have to leave an abusive situation very quickly.

- Contact your local police service, Victim Services (1-866-376-9852) or a local shelter (see Community Safety Services in Grey Bruce, page 40). Let the staff know that you intend to leave an abusive situation and ask for support in safety planning. When talking to police, ask for an officer who specializes in abuse cases (information shared with the police may result in charges being laid against the abuser).
- Request a police escort or ask a friend, neighbor or family member to accompany you when you leave.
- Do not tell your partner you are leaving. Leave quickly.
- If you are injured, go to a doctor, emergency room or a clinic and report what happened to you. Ask them to document your visit.
- Have a back-up plan if your partner finds out where you are going.
- 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.
- Arrange for 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 the abuser utilizing redial.

List of Items

The following is a list of items you should try to set aside and hide in a safe place (i.e. at a friend's or family member's home, with your lawyer, in a safety deposit box).

An Emergency Escape Plan

Take a photocopy of the following items and store in a safe place, away from the originals. Hide the originals someplace else, if you can.

- Passports, birth certificates, immigration papers, for all family members
- School and vaccination records
- Driver's license and registration
- Medications, prescriptions, medical records for all family members
- Social Services identification
- Work permits
- Divorce papers, custody documentation, court orders, restraining orders, marriage certificate
- Lease/rent agreement, house deed, mortgage payment book
- Bank books
- Insurance papers
- Address/telephone book
- Picture of spouse/partner
- Health cards for yourself and family members
- All cards you normally use i.e. credit cards, bank cards, phone, social insurance

Try to keep all the cards you normally use in your wallet:

- Social insurance cards
- Charge cards
- Phone cards
- Banking cards
- Health cards

Try to keep your wallet/purse handy, and containing the following:

- Car/house/office keys
- Cheque book, bank books/statements
- Driver's license, registration, insurance
- Address/telephone book
- Picture of spouse/partner
- Emergency money (in cash) hidden away

Keep the following items handy, so you can grab them quickly:

- Emergency suitcase with immediate needs
- Special toys, comforts for children
- Jewelry
- Small saleable objects
- Items of special sentimental value
- A list of other items you would like to take if you get a chance to come back to your home later

Things you can do:

- Open a bank account in your own name and arrange that no bank statements or other calls be made to you. Or, arrange that mail be sent to a friend or family member.
- Changing address with Canada Post – make arrangements for notice NOT to come to your present address
- Save and set aside as much money as you can – out of groceries if necessary
- Set aside, in a place you can get to quickly, \$10 to \$15 for cab fare, and change for telephone calls
- Plan your emergency exits. Think about safe areas of the

An Emergency Escape Plan

house where there are no weapons and where there are at least two ways to escape.

- Plan and rehearse the steps you will take if you have to leave quickly, and learn them well
- Decide and plan for where you will go if you have to leave home even if you don't think you will need to
- If the situation is very dangerous, use your own instinct and judgement to keep yourself safe. Call the police as soon as it is safe to do so.
- Hide extra clothing, house keys, car keys, money, etc. at a friend's house
- Keep an emergency suitcase packed or handy/ready to pack quickly
- Consider getting a safety deposit box at a bank that your partner does not go to

In some circumstances arrangements can be made to have the police bring you back to the home later, to remove additional personal belongings, if it is arranged through the local division. Take the items listed above as well as anything else that is important to you or your children.

When you leave, take the children if you can. If you try to get them later, the police cannot help you remove them from their other parent unless you have a valid court order signed and directed by a judge.

Always remember:

You have the right not to be abused in your relationship, either physically, emotionally or sexually!

**"Courage is like a muscle.
We strengthen it with use."**

Ruth Gordon

Step 1: My Personal Safety Plan

Name: _____

Date: _____

1. If I decide to leave, I will

(Practice how to get out safely. What doors, windows, elevators, stairwells or fire escapes would you use?)

2. I can keep my wallet/purse and car keys ready and put them
(place) _____

3. I can tell _____ (friend, family member, neighbor) about the violence and ask them to call the police if they hear loud noises, yelling or screaming, slamming of doors, gun shots, squealing tires, breaking glass, coming from my house or if they can't locate me.

I can also tell _____
about the violence and request they call the police if they hear suspicious noises coming from my house or if they can't locate me.

An Emergency Escape Plan

4. I can teach my children how to use the telephone to contact the police and the fire department. I will use

_____ as my code with my children or my friends so they can call for help.

5. If I have to leave my home, I will go

(Make a plan even if you don't think there will be a next time.)

If I cannot go to the location above, then I can go to

6. I can also teach some of these plans or ideas to some/all of my children.

7. When my partner is becoming upset, when I feel unsafe or expect we are going to have an argument, I will try to move to a space that is safer for me, such as

Try to avoid arguments in the bathroom, garage, kitchen, near weapons or in rooms without access to an outside door.

8. I will use my judgement and intuition. I have to protect myself until I/we are out of danger.
9. If I am being forced to have sex, I may need to fight back. I can help protect myself - I yell; I say "No" or "don't"; choose not to fight; ask him to use a condom.

10. If I have been sexually assaulted I should do the following if I want to report the assault to the police. If I choose not to call police, I should still go to the hospital or doctor for a medical check.

I can take _____
with me for support.

- **Do not take a shower or bath**
- **Keep all of the clothing that I was wearing at the time that I was assaulted**
- **Do not clean up the house or apartment.**
Call: Sexual Assault Services Bruce Grey
1-866-578-5566 can help with transportation, assistance with childcare, advocacy and accompaniment to hospital, police and court
- **Go to the hospital:**
Sexual Assault & Partner Abuse Care Centre
519-376-2121 Ext 2458, for emergency care
or go to the Emergency Department of your local hospital
- **Call the police – if I want to.**

An Emergency Escape Plan

Step 2: Safety When Preparing To Leave

1. I will leave money and an extra set of house or car keys

_____ so I can leave quickly.
2. I will keep copies of important papers (see List of Items to Take on page 1).
3. I will open a bank account at a bank that my partner does not use by _____ (date) to increase my independence.
4. Other things I can do to help myself:
 - Look for a job
 - Think about moving to another town
 - Talk to a lawyer about my rights
 - Hide money
 - Keep change
 - Purchase/keep a cell phone or Quick Change card (an anonymous phone card) with me at all times to make private emergency phone calls. I will check with the phone service to make sure that the last number I have called cannot be accessed by my partner.

 - I can keep change for telephone calls on me at all times or buy a pre-paid telephone card. I understand that if I use my telephone credit card, the following month the telephone bill will tell my abusive partner those numbers that I called after I

left. To keep my telephone calls private, I must either use coins or I might get a friend to permit me to use their telephone credit card for a limited time when I first leave.

5. Telephone numbers I need to know – See Community Safety Services (page 40)

Parents _____

Friend _____

Lawyer _____

Supervisor _____

Minister _____

Other _____

6. I will check with _____ and _____ to ask who would be able to let me stay with them or lend me some money.

7. I can leave extra clothes with _____

8. I will sit down and review my safety plan every _____ (days/weeks/months) in order to plan the safest way to leave the home.

(Victim Services/Shelter worker or friend) has agreed to help me review this plan.

9. I will practice my escape plan and, if necessary, practice it with my children.

An Emergency Escape Plan

STEP 3: Safety in My Own Home

1. I will teach my children how to use the telephone to make a collect call to me or to _____ (friend/minister/other) in the event that my abusive partner takes the children. I will teach my children how to dial 9-1-1.
2. I will tell people who take care of my children which people have permission to pick up my children and that my abusive partner is not permitted to do so. I can set up a code word to be used by the people who have permission to pick up my children. Only these people and my caregiver will have this code. The people I will inform about pick-up permission include:

School _____
Dare Care _____
Staff _____

Babysitter _____
Sunday _____
School Teacher _____
Coach/ _____
Instructor _____

Teacher _____

Others _____

I can tell various people (neighbor, pastor)

_____ or _____
that my abusive partner no longer lives with me and they should call the police if he/she is seen near my home.

3. I can buy a dog.

Creating a Safer Environment

There are many things you can do to increase your safety. It may not be possible to do everything at once. But safety measures can be added step by step. Here are a few suggestions:

At Home:

(a) If you ARE living with your abusive partner/spouse:

- Tell someone you trust about the abuse
- Tell your children that it 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.
- Get your Emergency Escape Plan in order and review it with a counsellor in order to plan the safest way to leave your abuser
- Make sure all weapons and ammunition are locked safely away, according to the Firearms Act, or are removed from your home
- Create a telephone list with numbers of local police, Victim Services, nearest shelter, assaulted women's help line, crisis help line, family members, counsellors, children's friends
- Make arrangements with friends or family so that you can stay with them if necessary
- Try to predict the next likely violent episode and make plans for the children to be sent to friends, family, etc. Think about your partner's use and level of force. This will help you predict what type of danger you and your children are facing and when to leave.
- Don't wear scarves or long jewelry as they could be used to assist in strangulation

Creating a Safer Environment

- Teach the children to let you know when someone is at the door, before answering the door
- Teach your children how to use the telephone (and your cellular phone, if you have one) to contact the police and the fire department
- Create a code word with your children and/or friends so they know to call for help
- Teach your children how to make a collect call to you and to a special friend if your partner takes the children
- Plan your emergency exits, teach your children and know them well
- Don't run to a place where the children are as your partner may hurt them as well
- Teach your children their own Safety Plan (see page 26)
- Identify a neighbor you can tell about the violence and ask that they call the police if they hear a disturbance coming from your home

“The most common way people give up their power is by thinking they don't have any.”

Alice Walker

- (b) **If you ARE NOT living with your abusive partner/spouse:**
- If you are comfortable doing so, contact the police and ask them to assist you in staying safe by accompanying you when you return to the home to collect your personal belongings. If you are not comfortable involving the police, request that someone else accompany you.
 - Attempt to find housing (even if temporary) that has adequate security: in a location that cannot be easily

accessed from the street, with doors with locks, locked front entranceway, etc.

- Consider living with someone else or in a shelter for a short time.
- If you are staying in your home, change the locks on doors.
- Install security measures such as additional locks, window bars, poles to wedge against doors, etc. Security can be increased by blocking sliding windows and placing barriers under door handles.
- If your partner follows you, go to a place where there are people.
- If you live in the same neighbourhood as your ex, or hang out with the same group of people, tell the people who you trust that you have left the relationship due to safety concerns. Tell them what you want them to do if they see your ex approach you. Don't be ashamed to ask for help or support. Your ex may be less likely to intimidate, threaten or abuse you in the presence of others. Refuse to be alone with your ex.
- Change your schedule. Don't travel the same route each day. Change your appointment times, stay at a different shelter, or request that your services be transferred to another office.
- Inform any service providers that you have left a violent relationship and provide a description of your ex.
- Teach your children how to call 9-1-1 and how to make a collect call to you and to a trusted family member or friend, in the event of any emergency.
- Tell people who take care of your children (including their school), which people have permission to pick up the children. If you have a protection order, give a copy of it to

Creating a Safer Environment

the people who care for your children, especially if it has conditions regarding the safety of your children.

- Inform your neighbours that your ex-partner no longer lives with you and ask them to call the police if they see him or her.
- Keep a copy of any protection orders with you at all times. If you call the police to enforce it, they will ask to see a copy.
- Inform necessary people that you have a protection order, i.e. friends, children's schools, childcare.

In the Neighbourhood

- Tell your neighbours that you would like them to call the police if they hear a fight or screaming in your home
- Tell people who take care of your children which people have permission to pick up your children
- Tell people in your neighbourhood that your partner no longer lives with you, and they should call the police if he/she is seen near your home. You may wish to give them a photo and description of him/her and of the vehicle they drive.
- Ask your neighbours to look after your children in an emergency
- Hide clothing and your Emergency Escape Plan items at a neighbour's house
- Use different grocery stores and shopping malls, and shop at hours that are different from when you were living with your abusive partner
- Use Internet banking or use a different bank or branch, and take care of your banking at hours different from those you used with your abusive partner

- Change your doctor, dentist and other professional services you would normally use
- Do not put your name in your apartment building directory

At Work

- You must decide for yourself if, and/or when you will tell others that your partner is abusive and that you may be at risk. Friends, family and co-workers may be able to help protect you. Employers are obligated under Bill 168 (see page 38) to protect the safety of victims when they know domestic violence has entered the workplace. However, you should consider carefully which people to ask for help. If you are comfortable, you may choose to do any or all of the following:
 - Tell your boss, the security supervisor, and other key people or friends at work about your situation.
 - Ask to have your calls screened at work. It would also help to have these calls documented.
 - Discuss the possibility of having your employer call the police if you are in danger from your (ex) partner

When arriving or leaving work:

- Let someone know when you'll be home
- Carry your keys in your hands
- Get a remote or keyless entry car door opener
- Walk with someone to your car
- Scan the parking lot
- Walk around your car, look under the hood and check if anything has been tampered with and check brakes.

Creating a Safer Environment

Remember to keep your car seats forward, so you know if someone is hiding in the car.

- If your partner is following you, drive to a police or fire station. Sound the horn to attract attention.
- If you have underground parking, consider parking across the street.
- Keep a sign in your car saying "CALL POLICE"
- If you are walking, take a route that is populated
- Change the patterns of when you arrive and leave work and the routes you take home
- If you see your partner on the street, try to get to a public place, i.e. a store
- If you see your partner on the street, call attention to yourself and request help

Step 4: Safety on the Job and in Public

1. I can inform my boss, the security supervisor and _____ of my situation.
2. I can ask _____ to screen my telephone calls at work.
3. When leaving work, I can _____
4. When driving home if problems occur, I can _____
5. If I use public transit, I can _____
6. I will go to different grocery stores and shopping malls to shop and shop at different hours from the routine I followed when residing with my abusive partner.
7. I can do internet banking or use a different bank and take care of my banking at hours different from those I followed when residing with my abusive partner.
8. I can also _____
9. I should be aware of my surroundings. I should keep to well-lighted areas and have someone with me when possible.

Creating a Safer Environment

Step 5: Safety Planning in Rural Areas

While escaping violence in larger communities or cities you may have access to a variety of services and programs, in small towns there may be limited resources available.

If you are from a rural community, take a few minutes to answer the questions below to add to your safety plan:

- Is there a safe haven in town – a local business or agency where you could go to make calls?

-
- Where is the nearest community that has a Crisis Shelter or First Nations Shelter?

-
- Is there someone who can give you a ride to the community (remember that hitchhiking can increase your risk for other forms of violence)?

-
- Who can you call for help?

(Victim Services of Bruce Grey & Owen Sound 1-866-376-9852)

- Is there a safe place in the nearest town that you could make a call from if you couldn't call from home?

- Is it possible for you to stay safe from your abuser and still live in your home community? Remember that in remote or rural areas, vehicles are easily recognized, and your activities can be reported to the abuser.
-
-

Safe transportation is often hard to find in rural and remote areas where you may have to travel long distances to access services and safety. You may be forced to hitchhike.

If you are planning to hitchhike, prepare a travel card and give it to family or friends before you leave your community. The travel card should include your full name, date of birth, hair/eye colour, height, weight, description of tattoos/birthmarks/scars, description of your clothing or any items you are wearing (purse, etc.), destination, estimated date/time of departure and arrival, contact person from your community and your destination and a message with instructions of what to do if you do not arrive at your destination.

If you have to leave your community to access medical services, contact the office where you have an appointment and ask if transportation, accommodations or travel vouchers are available to you.

Creating a Safer Environment

Safety with a Restraining Order

- Keep your restraining order with you at all times. Leave extra copies at work, with a friend, in your car, etc.
- Call the police if your partner breaks the court order.
- Think of alternative ways to keep safe if the police do not respond right away.
- Inform family, friends and neighbours that you have a restraining order in effect.
- Try to avoid places in the community your abuser may frequent.

If You are a Teen in a Violent Dating Relationship

- If things in your relationship don't feel right to you, talk about it with someone you trust.
- Decide which friend, teacher or relative you can go to in an emergency.
- Contact the police or Victim Services to learn how to obtain a restraining order and make a safety plan.

Always remember:

*You should never feel afraid in your relationship.
NO MEANS NO!*

**“You move totally away from reality
when you believe
that there is a legitimate reason to suffer.”**

Byron Katie

Step 6: Safety With a Court Order

(Peace Bond, Release/Bail Conditions, Recognizance with Conditions, Conditions of Probation Order or Family Court Restraining Order)

1. I will get a copy of my partner's court order from the court office located at _____ or I can call the Victim/Witness Assistance Program to help me get a copy.
2. I will keep copies of all court orders with me at all times and I will keep additional copies at _____

If I change my purse/wallet the court order is the first thing that should go in.

3. If my partner destroys my copy of his/her court order, I can get another certified copy from the court located at _____

(court that issued the order). There will be a cost for obtaining certified copies of the court order(s).

4. If I move to another city/town; if I work in a city/town other than where I reside or if I frequently visit family or friends in another city/town I will notify the Police Service/OPP Detachment in that city/town of my new address/work location, etc. of my partner's violent behavior and the details of his/her court order.

Creating a Safer Environment

5. I can ask that my restraining order be registered in the Canadian Police Information Computer (CPIC). I can check to make sure that my order is registered and renewed as required.
6. I will inform my employer

my closest friend _____
my advocate at the local shelter

that a court order has been issued against my partner, including all of the conditions that affect my children and myself.

7. If I have questions about any court order and its conditions, I can call the local shelter or the Victim/Witness Assistance Program for assistance.

An Emotional Safety Plan

The experience of being abused and verbally degraded by a partner is usually exhausting and emotionally draining. The process of surviving and building a new life requires much courage, and incredible energy. Abuse may isolate you from your friends and family. It is critical to have people around you that care about you. To conserve your emotional energy, and to support yourself in hard emotional times, there are a number of things you can do:

- Attend as many abuse specific counselling group sessions as you can
- Collect resources and pamphlets concerning abuse. Keep in a safe place, not in your home
- Become involved in community activities to reduce feeling isolated
- Take a part-time job to reduce isolation and to improve your finances
- Enroll in school to increase your skills
- Join support groups to gain support and strengthen your relationships with other people
- Learn about the law and your rights.
- Have positive thoughts about yourself and be assertive with others about your needs
- Take time for you - to read, meditate, play music, etc.
- Remember to eat nutritional food and to sleep regularly
- Decide who you can call freely and openly to give you the support you need. Spend time with people who make you feel good and provide positive support .
- Take part in social activities, i.e. movie, dinner, exercise
- Keep your Client Profile up to date to help you feel prepared for upcoming events.

An Emotional Safety Plan

- Keep a personal journal to write about your feelings, especially when you are feeling low or vulnerable. Keep it in a safe place.
- Write something positive about yourself everyday – your own personal affirmations
- Take time to prepare yourself emotionally before entering stressful situations like talking with your partner, meeting with lawyers, or attending court
- Try not to overbook yourself – limit yourself to one appointment per day to reduce stress
- Be creative and do whatever makes you feel good.
- Do not find your comfort in excessive use of alcohol or food – it only serves to increase your depression
- Avoid excessive shopping and impulse buying
- Join a health club or start an exercise program. It will increase your energy level and increase your sense of well being.
- It's okay to feel angry, but find positive and constructive ways to express your anger
- Remember that you are important and that you need to take care of yourself in order to be able to care for others
- If you are thinking of returning to a potentially abusive situation, discuss an alternative plan with someone you trust
- If you have to communicate with your partner, determine the safest way to do so

Important Phone Numbers

Police: _____

Victim _____

Services: _____

Hotline: _____

Friends: _____

Shelter: _____

Other: _____

A Child's Safety Plan

This plan was developed to help someone in an abusive situation to teach their children some basic safety planning. **It is based on the belief that the most important thing that children can do for their families is to get away from the area of violence!** They cannot stop the abuse, although they often try by distracting the abuser or directly interfering in the abusive episode. It is important to tell the child that the best and most important thing for them to do is keep safe.

Children who experience domestic violence can be profoundly affected. It is very traumatic for them to be faced with violence directed at them or at someone they love. Personal safety and safety planning are extremely important and necessary for children whose families are experiencing violence. Children should learn ways to protect themselves. There are several ways to help you develop a safety plan with your children.

- Have your child pick a safe room/place in the house, preferably with a lock on the door and a phone. The first step of any plan is for the children to get out of the room where the abuse is occurring.
- Stress the importance of being safe, and that it is not the child's responsibility to make sure that his/her parent is safe
- Teach your children how to call for help. It is important that children know they should not use a phone that is in view of the abuser. This puts them at risk. Talk to your children about using a neighbour's phone or a pay phone if they are unable to use a phone at home. If you have a cell phone, teach your children how to use it.
- Teach them how to contact police by dialing 9-1-1
- Ensure that the children know their full name and address. Rural children need to know their Fire number.
- Rehearse what your child/children will say when they call for help.

For example:

Dial 9-1-1

The person answering the phone will say "Police, Fire, Ambulance."

You say "Police"

Then your child says:

My name is _____.

I am _____ years old.

I need help. Send the police.

Someone is hurting my mom/dad.

The address here is _____.

The phone number is _____.

- It is important for children to remain on the line with police as long as possible and while safe to do so.
- Pick a safe place to meet your children, out of the home, after the situation is safe for you and for them so you can easily find each other
- Teach your children the safest route to the planned place of safety for them.

A Child's Safety Plan

Step 7: Children's Safety Plan

1. I will set up a safe room in our home for the children to go to in the event that my partner becomes abusive. This room will be, if possible, on ground level so the children can leave through a window if necessary

Location: _____

2. The safe room will have a lock on the door and a cellular/cordless telephone in a location known only by the children and I, with the Police emergency number, 9-1-1, programmed on a speed dial.
3. The children will become familiar with the telephone and the location of the emergency speed dial key. We will practice saying, "someone is hurting my mommy (or: daddy/aunt/stepmom/stepdad/etc.)" just in case one of the children has to call the Police.
4. I will teach the children to take the telephone inside the closet in the safe room when they call the Police. The children will not hang up the telephone after they call. I will teach them to stay on the line with the Police operator until the Police arrive at our house.
5. I will teach my children our home telephone number and complete address, including directions:

6. The children and I will have a predetermined code word:

_____ to alert the children to go immediately to the safe room.

We will have an additional code word

_____ to alert
the children to immediately leave our home and to run to

_____ our pre-arranged emergency friend (our neighbour's house, or the corner store, or a Block Parent house, etc.) and to have an adult call the Police.

7. The children know the location of the emergency friend and the fastest route to get there

8. The children will contact their pre-arranged emergency care-giver:

My closest friend: _____

Or their grandparents: _____

Or our religious leader: _____

Or another pre-selected responsible adult:

9. Immediately after the emergency friend has called the children will go with the emergency friend to their home where I will meet them as soon as I am able.
10. We have discussed the Neighbourhood Block Parent Program. The children are familiar with the Block Parent red and white sign and when they see it in the window of a house or a store they know it is a safe place where adults will be present and willing to help.

During a Violent Incident

You cannot always avoid violent incidents. However, in order to increase your safety, here are some things you can do.

- Remind yourself that you have an Emergency Escape Plan, and go over it in your mind
- Start to position yourself to get out quickly or near a phone so you can call 9-1-1, if necessary
- Try to move to a space where the risk is the lowest. Try to avoid arguments in the bathroom, garage, kitchen, near weapons, or in rooms without access to an outside door.
- Use your code word with your children so they can call for help
- Use your judgement and intuition – try and de-escalate the situation – you may even agree with your partner or give him/her what he/she wants until you are out of danger.
- When, or after, you have been assaulted, call the police at 9-1-1 if you can. Tell them you have been assaulted by a man/woman and leave the phone off the hook after your call.
- Make as much noise as possible – set off the fire alarm, break things, turn up the stereo or TV – to alert others who may call for help on your behalf

We need 4 hugs a day for survival.

We need 8 hugs a day for maintenance.

We need 12 hugs a day for growth.

Virginia Satir

Step 8: Safety Plan When Using Substances

If drug or alcohol use occurs alongside violence in my relationship with my partner, I can enhance my safety by doing some or all of the following. I will try to remember that:

- It is easier to keep safe when I am not using substances.
- Alcohol and drug use impairs my judgement and makes it harder for me to choose safe options and access services.
- It can be hard for me to ask for help when I am using or drinking. I can call

for support when I feel like drinking or using to cope.

- The following people/places/things can be unsafe for me:

- My warning signs that I am getting stressed and craving substances are:

- This is what I will do in these situations to try to keep myself from over drinking/using and try to keep myself safe:

- If I am going to use, I can do so in a safe place and with people who understand the risks of violence and are committed to my safety. I can:

During a Violent Incident

I can also:

If my partner is using/drinking I can:

If my partner is forcing me to use/drink I can:

If I am dealing in order to access my drug of choice, I can do the following to increase my physical safety:

I might also:

If my partner is dealing, I can do the following to increase my physical safety:

I might also:

To safeguard my children I

Step 9: Safety Planning When Coping with Mental Health Issues

The stress of violence or threats of violence is very hard on anyone, especially people who have mental health issues. You might stop being able to trust your judgement or sense of reality. Very often abusers tell their partners that they are crazy, or tell others that their partners are crazy. It can help to get some time alone or with a trusted individual to sort out what you're experiencing.

- Where can I go to get a break from my relationship and find my sense of reality again?
-

- Who can I trust to help me? I will remind myself that violence affects my stress levels and impairs my mental health so when I am in violent situations I need to be more watchful of my stress and mental health needs and remember to ask for help from:
-
-

- The following events almost always increase my stress and have a negative effect on my mental wellbeing.
-
-

- The warning signs that I am getting stressed and moving into crisis are:
-

During a Violent Incident

- This is what I will do in these situations to try to keep myself well/balanced and try to keep myself safe:

- If I feel myself moving into a crisis state, I can

- I can also:

- I can call

for support when I feel emotionally distressed.

- The following people/places/things can be unsafe for me:

- To safeguard my children I might

- Other things I can do to help me feel stronger are:

If there are additional supports you require for your mental health or substance use issues such as:

- Phone numbers of supportive professionals
- Names and phone numbers of advocates
- List of medications

....then make sure these are stored with other important documents and items that you can take with you in crisis situations when you need to leave your home quickly.

Think about:

- Medications and prescriptions
- Information about services
- Names and phone numbers for case workers or other service providers who can help to coordinate services for you
- Health/life insurance papers
- Medical records

During a Violent Incident

Step 10: If You are Planning to Leave

If you're thinking about leaving an abusive relationship, it could be helpful to start using services at a women's centre, or other women-only places — especially if your partner is a man. This reduces your isolation and provides you with a reason to have time away from your partner on a regular basis. Some day this may become your opportunity to get the support and help you need to leave the relationship.

It may not be safe to tell your partner you are leaving, as this often makes an abuser get even more violent and controlling. You might want to plan to leave when your partner is not able to follow you, i.e. when he is in the shower, asleep, at work or out of town, or when you are picking up children from school or going to an appointment.

If you have children, take them with you when you leave. Take copies of children's medical papers, birth certificates and other important documents. If you are planning to leave, take the list of items set out on page 1 of this guide.

Even if you have never worked, you can legally take one-half of the funds in the chequing and savings accounts. If you don't take any money from the accounts, he/she can legally take all money and/or close the account and you may not get your share until the court rules on it, if ever.

Always remember:

If you need to return to your home to retrieve personal possessions for either your children, or yourself you should contact the police and ask them to accompany you to ensure your safety.

Additional notes:

Bill 168 Workplace Violence & Harassment

Bill 168 Workplace Violence and Harassment

On June 15, 2010 the Occupational Health and Safety Act was amended to ensure that women are safe and respected in their workplace. Under the Act, workplaces in Ontario where more than 5 workers are regularly employed will be required to develop written policies addressing violence and harassment.

With respect to workplace violence:

- Employers are required to develop a program to implement their workplace violence policy, including measures and procedures to:
 - (a) Assess and control the risk of workplace violence
 - (b) Summon immediate assistance when workplace violence takes place or is likely to take place, or when a threat of violence is made
 - (c) Enable workers to report incidents of threats of workplace violence to the employer, and determine how the employer will investigate and address incidents, complaints or threats of workplace violence.
- Employers need to take reasonable precautions to protect workers from domestic violence that may occur in the workplace. They are also required to educate workers about the policy and program, and inform a worker about any risk of workplace violence from a person with a history of violent behavior if it is likely the worker will come into contact with that person in the workplace.

With respect to workplace harassment:

- Employers are required to develop a program to implement a workplace harassment policy that includes measures and procedures to:
 - (a) enable workers to report incidents

- 
- (b) determine how the employer will investigate and address incidents and complaints of workplace harassment
 - employers need to educate workers about the harassment policy and program
 - workers do not have the right to refuse work because of workplace harassment.

Resources for Community Safety Services in Grey Bruce

Police

Emergency	9-1-1
OPP Dispatch	1-888-310-1122

Services for Child Victims of Abuse/Neglect

Children's Aid Society of Owen Sound & the County of Grey	519-376-7893	1-800-263-0806
Children's Aid Society of the County of Bruce	519-881-1822	1-800-461-1993

Support Services

Victim Services of Bruce Grey & Owen Sound	519-376-9852	1-866-376-9852
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Shelter/Counselling

Anishnabek Child & Youth Prevention Services	519-797-5000	
D-binooshnowin Crisis Centre & Crisis Line	519-534-4338	
Hearing, Healing, Hope: Services for Men Who Experienced Childhood Sexual Abuse and Their Families	519-371-8964 hearinghealinghope@bmts.com	
Keystone Child, Youth & Family Services	519-371-4773	1-800-567-2384
M'Wikwedong Native Cultural Resource Centre	519-371-1147	
Saugeen Women's Respite-Kabaeshiwim	519-797-3677	

Sexual Assault Services Bruce Grey	1-866-578-5566
Sexual Assault & Partner Abuse Care Centre	519-376-2121 Ext 2458
The Women's Centre (Grey & Bruce) Inc.	519-371-1600
	1-800-265-3722
Women's House Serving Bruce & Grey	519-396-9655
	1-800-265-3026

Services & Support for Men Who Abuse

The Men's Program (Grey/Bruce) Services to End Abuse Against Women & Children	519-372-2720	1-866-449-4452
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Court Support

Crown Attorney's Office

Grey County	519-370-2470
Bruce County	519-881-0432
Grey Bruce Community Legal Clinic	519-370-2200
Grey Bruce Mental Health Court Support Services	519-370-0030
	519-396-4532

Legal Aid Clinic

Owen Sound	519-376-9130
Walkerton	519-881-0407

Victim Witness Assistance Program

Owen Sound	519-376-8927	1-866-259-4823
Walkerton	519-881-3882	1-866-994-9904

Resources for Community Safety Services in Grey Bruce

Probation & Parole

Kincardine	1-866-363-7705
Owen Sound	1-519-376-2236
Walkerton	1-519-881-0760

Hospitals

Chesley & District Memorial Hospital	519-363-2340
Durham Hospital	519-369-2340
Hanover & District Hospital	519-364-2340
Kincardine & District General Hospital	519-396-3331
Markdale Hospital	519-986-3040
Meaford Hospital	519-538-1311
Owen Sound Hospital	519-376-2121
Southampton Hospital	519-797-3230
Walkerton & District Hospital	519-881-1220
Warton Hospital	519-534-1260
Wingham & District Hospital	519-357-3210

Help Lines

Kid's Help Phone Line	1-800-668-6868
Mental Health Crisis Line of Grey & Bruce	1-877-470-5200
Sexual Assault Crisis Line (24 hours)	1-866-578-5566
Victim Support Line	1-888-579-2888



Victim Services

of Bruce Grey & Owen Sound Inc.

Victim Services Crisis Numbers

519-376-9852

Toll Free: 1-866-376-9852

611 9th Avenue East,
Owen Sound, Ontario N4K 6Z4

www.victim-services.com

email: info@victim-services.com

519-376-7474

1-888-577-3111

Fax: 519-376-0865

People
HELPING
People

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