



LITTLE ROCK TRAUMA
THERAPY

www.littlerocktrauma.co.uk

Lana@littlerocktrauma.co.uk

Your Domestic Violence Safety Plan

Safety during a domestic violent incident

- I can tell _____ (neighbours) about the abuse and ask them to call the police if they hear sounds of a violent attack, coming from my house.
- If violence and abuse are occurring, or is likely to occur, I can move to _____ (a room with easy access to an exit). Don't go to the kitchen, bathroom or near possible weapons.
- The quickest/safest route out of my home is _____
_____ |
have practised escaping in this way
- The quickest/safest route out of my workplace is _____
_____ |
have practiced escaping that way.
- I have taught my child/ren to use the telephone to call 999 in an emergency.
- I will carry a phone card, change for a pay phone, and my mobile phone at all times and ensure that there is always credit so I can ring for help in an emergency.
- I will keep a small amount of money on me in case I need to leave quickly.
- I have told my child/ren to get out of the room/leave the house/run to _____ for help in an emergency.
- I will use this code word _____ for my children, friends, or family to call for help.
- If I decide to leave, I will go to _____



LITTLE ROCK TRAUMA
THERAPY

www.littlerocktrauma.co.uk

Lana@littlerocktrauma.co.uk

- I will keep my purse and car keys at _____ in order to leave quickly.
-
- I can pack an emergency bag and leave it at _____
_____ so I can leave quickly.
- I will use my judgement and intuition. If the situation is very serious, I will try and give my partner whatever he/she wants to calm him/her down. It is important that I try to protect my children and myself until we can get out of danger.

Safety when getting ready to leave.

- I will keep important documents (birth and marriage certificates, passports, medical cards, benefit books, bank and building society books, rent/mortgage details, driving licence, car registration documents, details of car insurance, immigration documents) or copies
at: _____
- I will leave some extra clothes, personal possessions, medication, cash and spare keys with _____
- I will open a savings account by _____ (date) to increase my independence.
- Other things I can do to increase my independence are:

- The domestic violence national helpline number is 0808 2000 247 The local domestic violence helpline number is: _____ Other numbers for support agencies are:



LITTLE ROCK TRAUMA
THERAPY

www.littlerocktrauma.co.uk

Lana@littlerocktrauma.co.uk

People who can help

- I can stay with _____
- in an emergency I can borrow money from _____

Staying safe after leaving

- If I plan to leave I won't tell my abuser in advance face-to-face, If I want to tell them I will leave or send a note, or call once I am in a safe place.
- I will ensure that I never tell my abuser where I am staying
- I will review my safety plan every _____ (time frame) in order to review whether it is still working for me.
- I will review the plan with _____ (a friend, agency worker, counsellor, or advocate.)
- I will review and rehearse my escape plan every _____ (time frame) and practice it with my children.

Safety At Home (if not living with the abuser)

- I can change my door locks, have extra locks installed and put locks on windows.
Completed _____ (date)
- I can ask trusted neighbours (if they know my ex partner) to inform me if they see him anywhere near to my home.
- I can apply for the Sanctuary scheme to be installed at my property Completed _____ (date)
- I can install smoke detectors and buy fire extinguishers for each floor of my home
Completed _____ (date)



LITTLE ROCK TRAUMA
THERAPY

www.littlerocktrauma.co.uk

Lana@littlerocktrauma.co.uk

- I can install an outside lighting system that lights up when someone approaches my home. Completed _____ (date)
- I can get a security system e.g. burglar alarm (installed) _____ HomeLink alarm from police (installed) _____ (due for removal) _____ community alarm (installed) _____
- I will always ensure that I am clear about which is the quickest escape route (dependent on where we are in the house), and will share this with my children.
- I will teach my children to dial 999 or to phone a friend or someone close by
- I will always use 141 before I make a call, but better still I will call 150 (Customer Services for BT) so my number can be always withheld. Completed _____ (date)
- I will tell the people who care for my child/ren, who has permission to pick up them up and that my partner is NOT allowed to. I understand that if my partner has parental

responsibility then I will have to get a court order to stop him from being allowed to collect the children from school/nursery. I will inform the following people:

School _____
Nursery/Childminder _____
Babysitter _____
Sunday School _____
Teacher _____
And _____
Others _____

Court Orders

- I can apply for a Non-Molestation Order to protect myself from future aggression from my abuser. Completed _____ (date) Order expires _____ (date)
- I can apply for an Occupation Order to protect myself from future aggression from my abuser. Completed _____ (date) Order expires _____ (date)



LITTLE ROCK TRAUMA
THERAPY

www.littlerocktrauma.co.uk

Lana@littlerocktrauma.co.uk

- I will keep copies of these court orders safe in case I need them in an emergency I will keep them _____
 - Other agencies who I have given a copy of my court orders are:
 - _____ (local police station)
 - _____ (police domestic violence unit)
 - _____ (advice worker/support worker) o
- I will tell (and give a copy of) my employer, my religious leader, my friends, my family, children's school etc and others that I have a court order.
- If my court order gets destroyed, I know I can go to the court in which it was made and get another copy.
 - If my abuser violates the protection order, I will call the police and report it. I will call my solicitor, my advocate, counsellor, and/ or tell the courts about the violation.
 - If the police do not help, I will call my advocate or my solicitor.

Personal safety

- I will change my mobile phone number.
- I will change my landline number.
- I will get an answer phone to screen calls.

- I will ask for number-withheld calls to be barred from my landline.
- I will stop using joint accounts and close them as soon as is possible.
- I will explain to my children that its important to keep where we live confidential secret.

Public Safety

- can tell my boss, security, and _____ at work about this situation.
- I can ask _____ to help screen my phone calls.
- I can ask the IT department to change my e-mail address, and whether it is possible to screen out e-mails from my abuser etc. o When leaving work I can do the following:
 - _____
 - _____



LITTLE ROCK TRAUMA
THERAPY

www.littlerocktrauma.co.uk

Lana@littlerocktrauma.co.uk

- When I am driving home from work and problems arise, I can:

- If I use public transportation, I can:

- I will shop at different supermarkets and shopping centres at different hours than I did when I was with my partner.
- I will use a different bank and bank at different hours than I did when I was with my partner.
- I will change the passwords and security questions on all of my internet accounts including banking and social media.
- I will change any regular appointments that my partner knows about
- I will alter my routines as much as possible.

Drug and Alcohol Use.

- If I am going to use drugs or alcohol, I am going to do it in a safe place with people who understand the risk of violence and who are committed to my safety.
- I can also _____
- I can also contact _____ for support to stop/reduce my use of alcohol/drugs.
- If my partner is using, I can _____
- I can also _____
- To protect my children, I can _____

Emotional Health

- If I feel depressed and ready to return to a potentially violent situation/ partner, I can call _____ for support and help.
- When I have to talk to my ex-partner on the phone I can:



LITTLE ROCK TRAUMA
THERAPY

www.littlerocktrauma.co.uk

Lana@littlerocktrauma.co.uk

- I will use "I can..." statements and I will be assertive with people.
- I can tell myself " _____ " when I feel people are trying to control or abuse me.
- I can call the following people and/ or places for support:

- Things I can do to make me feel stronger are:

- Things I have tried before which make me feel worse are:

Always keep your safety plan safe and never leave it where it could be found by your abuser. Share this safety plan with a trusted friend or family member, and also with trusted agency workers you are in contact with. If you are happy to do so then give them a copy and then they can work with you to monitor your progress.

If you would like information regarding local organisations and/or charities in your region then please get in touch with us at www.littlerockwellnessandcoaching.co.uk

info@littlerockwellnessandcoaching.co.uk

We are here to help.

STAY SAFE

Information gathered from www.thesocialworkerstoolbox.com