Personalised Safety Plan

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|  | Area to discuss and plan | Plan outcome |
| 1 | Friends and neighbours / relatives – who can they tell?  Could they call police 999 if they hear angry or violent noises?  Code word to use – agree code word with them. |  |
| 2. | How would they get out of the home safely?  Taking out rubbish/walking dog/shopping  Is there a safer room in the house they could use with an exit? |  |
| 4. | Can they safely put together a bag of emergency items to take?  (see list below)  Where will they hide it? Could a neighbour/friend keep it? |  |
| 5. | 4 places they could go if they left  Neighbours/friends/relatives? Could they lend them money? |  |
| 6. | Do they have, or can they hide a mobile phone? |  |
| 7. | What will they do with pets? |  |
| 8. | Do they have a bank account in their name / credit card?  Could they open one? |  |
| 9. | Important documents – can they take copies? How will they get them/take them?  (See list below) |  |
| 10. | Children – can they be taught to dial 999?  How will you take them with you/get them out?  How will you explain it to them? |  |
|  | AFTER THEY HAVE LEFT / OR IF THE PERPETRATOR HAS LEFT |  |
| 11. | Getting a court order – who can help with this?  Give copy of court orders to police, school, employer, child minder; anyone else? |  |
| 12. | Changing locks / smoke detectors / outside lights / security system – who can help with this? |  |
| 13. | Keep your key in the door lock so no one can use a key outside to get in |  |
| 14. | Keep your mobile phone charged and with you all the time |  |
| 15. | Safe Room – who can help with this? |  |
| 16. | Tell neighbours, friends, relatives – that perpetrator has gone so if they see him/her near home or children call police |  |
| 17. | Children/School – tell school & confirm who can pick them up  New school – who can help with this?  Give school copies of any court orders  Make sure children understand this. |  |
| 18. | Work – tell someone at work, preferably including your boss; give them copy of court orders; make safety plan for going to and from work and keeping safe at work – practice this |  |
| 19. | Shops, services – don’t use the same shops and services (hairdresser, etc) that they used before;  Tell GP and other health professionals involved; |  |
| 20. | Someone they can talk to when they are down – who?  Support services |  |
| 21. | Safe ways to talk to perpetrator if they must - could they use an intermediary? Don’t disclose location if they have moved |  |
| 22. | Go over and practice this safety plan often |  |
| 23. | Important numbers: | Refuge:  Northampton Women’s Aid 0845 1232311  WENWA 01933 224943  Eve 01604 230311  Women’s Aid national helpline 0808 2000 247  Sunflower Centre 01604 888211  Solicitor:  GP:  Other: |

**WARNING: Abusers try to control their victim's lives. When abusers feel a loss of control - like when victims try to leave them - the abuse often gets worse. Tell the client to take special care when they leave and keep being careful even after they have left.**

**Contact specialist domestic abuse agencies that can help – see the NADASA website for details or ask the police for information.**

**ITEMS TO TAKE, IF POSSIBLE (lodge copies of important documents with a trusted person)**

** Children (if it is safe)  
 Money  
 Keys to car, house, work  
 Extra clothes / toiletries  
 Medicine  
 Important papers for you and your children  
 Birth certificates  
 Proof of benefit entitlements  
 School and medical records  
 Bankbooks, credit cards  
 Driver's license  
 Car registration  
 Passports, work permits  
 Lease/rental agreement  
 Mortgage or rent payment book, unpaid bills  
 Insurance papers  
 Court orders, divorce papers, custody orders  
 Address book  
 Pictures, jewellery, things that mean a lot to you  
 Items for your children (toys, blankets, etc.)**

**And, if possible, a recent photograph of the perpetrator**