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## Safety Planning Checklist

Safety planning can be done with the support of by family violence services. This Checklist will support you to think about your safety – it however is not designed as a ‘to do list’ or intended to replace professional services. If you are feeling unsafe, or you are worried about the safety of your children or a loved one, please reach out to one of these services to support you such as 1800Repect- 1800 737 732 or Safe Steps- 1800 015 188 or call 000 if in immediate It is important not to leave this document, or an escape bag, where it can be found by the person(s) you are afraid of. If you create a safety plan or escape bag, ensure you keep them somewhere they cannot be easily found.

### Safety At Home

- Are there neighbours you know and trust who you can ask to contact police if they hear violence?
- Do you have a carer or support person you can talk to about what is happening?
- Where would you go if you had to leave? A Neighbour? A friend? A local service?
- Have you got important phone contacts in your wallet or mobile phone such as taxi, crisis service and local police?
- Have you seen the Daisy App? Developed by 1800 Respect, it contains local support services and advice.
- Is it possible to have a spare mobile phone with prepaid credit to contact support people without being monitored?
- Do you know how to protect your safety online?
- Have you had a conversation with the children about how they can remain safe-such as going to their rooms and staying away from the perpetrator? Do they know how to call the police? Do they have someone safe they can talk to at school/sports/family/church?

Some suggestions for keeping safe at home:

If arguments occur avoid high risk areas such as kitchens and bathrooms.

Have a code with a trusted person so they know to call police or check in, such as a specific emoji being sent to them or the front light being left on.

Pack an escape bag and have an escape plan should you need it.

Park your car in the street instead of the driveway, so you can't be blocked in if you need to leave quickly.

### Making a Plan to Leave

- Do you know the quickest way to leave the house?
- Do you have an escape bag ready with keys, money and important documents such as passports? This can be hidden at home or alternatively left with a safe friend or family member. Ensure you keep the escape bag somewhere it cannot be easily found. If you have a ‘safe house’ you can go to, like the home of someone you trust whose address is not known to the person making you feel afraid, you might choose to leave the escape bag there.
- Can you let a trusted person know you are planning to leave and may call them if you need to leave quickly? You can use a code (as explained above) if you need help urgently.
- If you are worried about leaving a pet behind RSPCA may be able to assist with their Safe beds for Pets program.
- Do the children know the plan? Are they aware of what they can take and how you plan to keep safe?
- Have you contacted a local family violence support service to assist with planning to leave safely? They can help with accommodation, finances and other logistics of getting safe.

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### **Safety after Leaving**

- Have you spoken to a family violence service or lawyer about seeking a protection order for you and your children?
- Have you spoken to the children’s school/childcare/sports etc. to let them know the perpetrator is an unsafe person and to call police if they attend the services?
- Have you looked at how you can increase your security at home? Such as external lights, security doors and cameras?
- Have you considered changing your phone number and keeping it private? Using email to have any contact you need to with the perpetrator makes it easier to keep record of conversations.
- What would you do if you saw the perpetrator in public? You can always go into a busy crowded area.
- Do you have predictable routines you can change such as where/when you shop or how you get to work?

which of these ideas are useful to you now ?

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Who are your key contact people?

1. Family or friend-
2. Crisis Service-
3. 000

If you want more support to complete a safety plan you can contact any of these services

Intouch - Multicultural Centre Against Family Violence - 1800 755 988

1800 Respect - 1800 737 732

Safe Steps - 1800 015 188

You can ask for an interpreter- at no cost to you.