

Keeping Safe



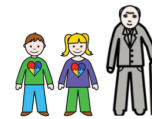
# Make a safety plan when



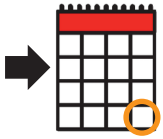
- you are hurt by the person who uses family violence



- you plan to go
- you have left the person who uses family violence



- People to put in **your** Safety Plan
- you
  - children
  - other family



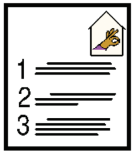
Make sure your Safety Plan is up to date.  
Look at your plan every month.



Put the things for your Safety Plan in a box.



Give the box to a person you trust.



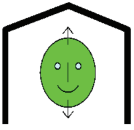
# My safety plan



You need to think about



- emergency phone numbers



- a safe place you can go **and**
- how you will get to the safe place



- a safety box



Think about a person you **trust**.  
Like, a

- friend
- neighbour
- family member



- This person is someone
- you can tell about the family violence



- who will help you in **an emergency**



and says **yes** to look after your safety box



Put their phone number in your mobile phone.



Think of a secret word or **code word**.  
Tell the person you trust the code word.  
You both know this word.



Think of an easy word to remember.  
Use a word the person who uses family violence

- will **not** guess
- does **not** think is a strange word for you to use.



Say this word when you need help in **an emergency**.



# Be safe now



**Phone numbers**  
If you need help now



**Safe Steps**  
Family Violence Response Centre



**Police**  
**Phone 000**



**Free call phone**  
**1800 015 188**  
You can call them anytime.  
• day time, weekends and night time



# To get ready to go



Money



Get a bank account in **your name** only.



Safety Box



Get a box with a lid.  
Take the box to your friends place.



In your box



Keep this paper in it.



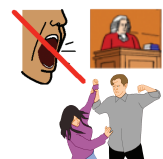
Make a copy of important papers.



Put each copy in a folder.  
Put the folder in your box.



# Important papers are



Intervention Orders



Family Court Orders



Medicare card



CentreLink card



Drivers licence



Your baby paper  
Birth Certificate



Passport



Marriage paper



Citizenship papers



House paper or Rent paper



Tax File Number



Will



Bank account numbers  
Also

- credit card
- ATM cards
- Passbook



Car Loan Papers



Other important papers like, your business papers.



Insurance papers like

- house
- car
- health
- superannuation or retirement plan



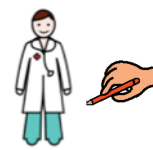
Each child's Health Record Book.  
Some people call this their Baby's Book



## Medicine or tablets



Write a list of your medicines, like  
• asthma puffer



Write down  
• your doctor  
• any other medical people



## Keys



Get a copy of all your keys, like  
• house  
• car and garage  
• office  
• bike



## Children



For each child get  
• 2 toys  
• 2 books



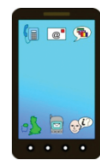
spare bottles and dummy



Put all these things in your box



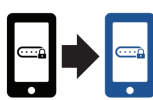
## Mobile phone



Make some changes to  
• your phone  
• your child's phone  
• other family members phone



Turn off GPS on **all** your phones  
Sometimes this is called **location** on your phone



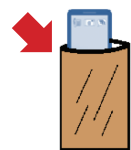
Change all  
• passcodes  
• passwords



Set your phones to  
• block my number. People you call do **not** see your number  
• use caller ID. Your phone shows who calls you



Try to get a new mobile phone



Hide this phone  
Keep your childrens phones away from the person who uses family violence



In your box put  
• a spare phone charger



## Computer and iPad



Use a different computer



Make new  
• Strong passwords  
• email  
Tell only trusted people about your new email



Do **not** open **extra** information on your emails from  
• people you do **not** know  
• the person who uses family violence



Block the person who uses family violence from  
• your emails



• other places, like,  
- instant messaging  
- Twitter  
- Instagram  
- Facebook



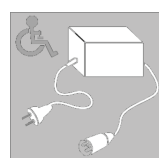
Do not put new information on  
• Facebook  
• Twitter  
• Instagram



Tell your children and family.....  
Do **not** put new things on Facebook, Twitter, Instagram



## Special tools



Get 1 more  
• wheelchair charger  
• wheelchair battery  
• small things like  
- pick up stick  
- non slip mat  
- fork  
- cup  
• other things you may need



Make a copy of  
• how to use your things  
• communication aids



Put all these things in your box



## Pets



Get  
• spare dog lead  
• food  
• toys



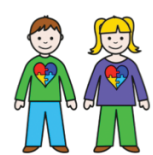
Put them in your box



## Clothes



Get some clothes you will need



Get some clothes for each child



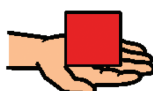
Put them in your box



## Go now



Call the person you trust.  
Use the code word



## Get your



• purse or wallet  
• handbag



• medicine you take now



• keys



• mobile phones



• iPad  
• laptop



• chargers



• children



• pets



• any aids you must have



Call Safe Steps when you get to your friend's house.