

## Safety Plan

- Create an emergency escape plan.
- Create a list of important phone numbers (e.g. police, shelter) for yourself and your children, and always have change for a phone call 24-hours/7 days a week
  - Crisis Lines (905) 878-8555 and (905) 332-7892
- Create a list of safe places you can go (e.g. family, friend, shelter)
- Tell your neighbours (if it's safe) you would like them to call police if they hear fighting or screaming/possibly children will go there.
- Hide clothing, house keys, car keys, money, important documents (or copies), favourite toys, etc. at a friend or family member's home
- Keep all of your identification in your wallet (or other safe place)
- Open your own bank account (at a bank different from your partner) and arrange that calls and bank statements go to a friend or family member
- Save and set aside as much money as you can (e.g. from grocery budget)
- Have \$10 to \$15 available for cab fare or an emergency
- Be aware of any weapons in the home (including kitchen knives)
- Tell people you trust about the abuse
- Teach your children their own safety plan (i.e. safe place to go, how to use the phone to call for help, emergency exits, etc)
- Create a code word with your children and family so they know when to call for help
- Consider a plan for the safety and welfare of your pet(s)

### **If you are not living with your abusive partner:**

- Change the locks, install a peephole in the door, a security system, an outside lighting system, and smoke detectors

- Teach your children not to answer the door
- Have your telephone number unpublished and block your number when calling out (dial \*67 before the number)
- Consider getting a cellular phone and have a cordless in the house
- Keep your restraining order near you at all times
- Make sure the school, day care, and police have a copy of all court documents, including restraining orders and custody/access orders
- Tell people that your partner no longer lives with you and ask them to call police if your partner is seen near your home or children
- Tell the people who take care of your children who has permission to pick them up
- Tell someone at work about your situation and ask for calls to be screened
- Stay away from the places your partner is likely to go or hang out (e.g. stores, banks, video rental, bars)

## **Important Documents and Items to Take With You When You Leave**

- o Identification
- o Birth certificates for you and your children
- o Health certificates for you and your children
- o Social insurance card
- o School and medical records
- o Money, bank books, credit cards
- o Keys - house, car, office, safety deposit box, mail box
- o Driver's licence and registration
- o Medications/prescriptions for you and your children
- o Passport, immigration papers, citizenship papers
- o Mortgage information, house deed, lease/rental agreement
- o Insurance papers
- o Address book
- o Pictures, jewelry, personal items of sentimental value
- o Children's favourite toys, blankets
- o Any legal documents (i.e. separation agreement, divorce papers, restraining order)

**The most important thing is to make sure you and your children are safe. If you need to flee your home and you are able, always take the children with you. This is very important for future custody disputes. It is not considered kidnapping as both parents have equal rights to their children, unless there is a court order.**

**If you are not able to take anything with you when you leave, you can return to your home with a police escort to gather personal belongings.**

## **Important Phone Numbers**

Halton Regional Police Service (Victim Services Unit) —  
(905) 878-5511

Emergencies only — 911

### **Crisis Lines:**

- Halton Women's Place North — (905) 878-8555
- Halton Women's Place South — (905) 332-7892

Victim/Witness Assistance Program – Halton — (905) 878-6292

Sexual Assault & Violence Intervention Services of Halton (SAVIS) — (905) 875-1555

Kids Help Phone — 1-800-668-6868

S.O.S. Femmes — 1-800-387-8603

Halton Children's Aid Society — (905) 333-4441

Halton Family Services — (905) 845-3811

Burlington Counselling & Family Services — (905) 637-5256

The Women's Centre — (905) 847-5520