DVCS Safety Planning Easy Read Resource

About this book



This book was written for DVCS.

We are also called the Domestic Violence Crisis Service.

We have an Easy Read resource telling you what we do.



You can contact us by:

- 24/7 phone line on 02 62 800 900
- Email crisis@dvcs.org.au if it is not urgent
- Website www.dvcs.org.au



This document is about how to make yourself safer.

This document is written so it is easy to read.



You might not know some words.

The first time we use those words they are **blue**.

You can find all these words in a list at the end.

We tell you what the word means in a blue box.



You can ask for help to read this document.

You can ask:

- A family member
- A friend
- A support worker.

Please do not ask the person hurting you.

Domestic Violence Crisis Service

dvcs
Domestic Violence Crisis Service
02 62 800 900

We also call ourselves DVCS.

DVCS can support you:

- If you want to stay in the relationship.



- If you want to leave the relationship.
- To stay safe in your home
- If you are not sure what to do.



You can call us on our **24/7** phone line on 02 62 800 900.



24 / 7 means you can call us:

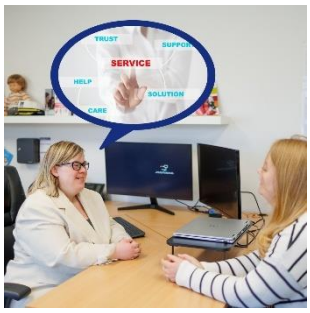
- Day or night
- Every day including weekends and public holidays.

We can help you make a **safety plan**.



A safety plan is a list of things you can do to make yourself safer.

Making a Safety Plan



We can make a safety plan with you.

You can tell us what you already do to stay safe.

We will try to find new ways to support and plan for your safety.



Your safety plan can be:

- Call 000 if you are in danger for police or an emergency



- Know who you can call if you are not feeling safe.

  This can be:

  - A friend you trust
  - A family member
  - DVCS: 02 62 800 900.



- Decide somewhere safe you can go if you need to leave quickly.

  This should be a place the person hurting you does not know about.



It can be:

- A friend's home
- Your family home
- A **refuge.**



A **refuge** is a safe and secret house.

Women and their children can go there when they are not safe at home.

It gives them a place to stay and get help.



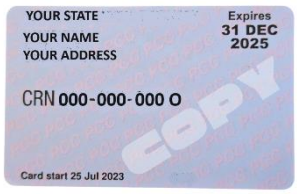
- Collect all your important documents in a safe place or with a trusted person.

  This can be:

  - ID cards
  - Passports and visa information
  - Driver's licence



  - Birth certificate
  - Your children's blue book
  - Child support information
  - Marriage certificate



- Health care cards and pension cards
- Health records and prescriptions
- Bank cards
- Insurance papers
- Rental agreement or mortgage papers



- Keep your mobile phone charged and with you all the time.
  We can give you a safe mobile phone if you need



- Talk with your children about how they can be part of your safety plan



- Pack your important things in case you need to leave quickly. You can keep these in your car or at your work. This can be:
  - Mobile phone, laptop, iPad, and chargers



- Important documents or photocopies of documents
- Medicare card, prescription medication and prescriptions
- Money, spare keys and bank cards



- Clothes, toiletries and children's clothes, belongings and toys.



You can start your safety plan and keep it somewhere private and safe.

You can share your safety plan with someone you trust.



If your safety plan is on your mobile phone, make sure your phone is password protected.

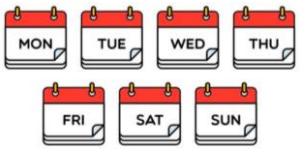


Please do not share your safety plan with the person hurting you.

Preparing to Leave



You can do some things to stay safe if you choose to leave the relationship.



Plan when and how you want to leave where you are. This can be:

- The day and time that is safest to leave



- How you will leave. This can be:
  - By car
  - In a taxi
  - With a friend you can trust.

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We can help you to plan to leave the relationship.

Call us on the 24/7 phone line on 02 62 800 900.



Have a safe mobile phone that the person hurting you does not know about.

We can give you a safe mobile phone if you need.

Save important numbers on your mobile phone under a different name that only you know.



You might save our phone number 02 62 800 900 as:

- GP Practice
- or Insurance.



Have spare house or car keys.

You can keep them:

- At your work
- Give them to someone you trust.



Make a new email address.

Do not tell the person hurting you about this email.

Use this email with important people like:

- Your lawyer
- DVCS
- Police.



Open a bank account that is only in your name.

Do not tell the person hurting you about this bank account.

Put some money in it whenever you can.



Get a PO Box for important mail.

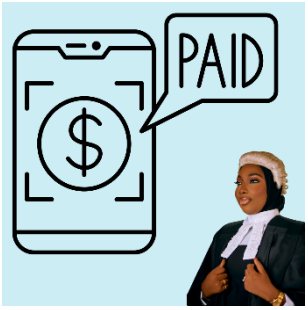
Do not tell the person hurting you about this PO Box.



Plan who can care for your pets.

You can apply for RSPCA ACT Pet and Family Assistance.

They may be able to look after your pets for a short time.



Ask your work if you can get paid family and domestic violence leave.

You can use it if you need to attend courts or meet your lawyer.

Staying Safe in your Home



You can do some things to stay safe in your home after you leave the relationship.



Change the locks and security alarms in your house. This can be:

- Gates
- Front and back doors
- Windows

You can use a door chain on your front door.



Put **wooden dowel rods** behind any sliding doors or windows in your house.

It stops sliding doors or windows from opening.



A wooden dowel rod is a long piece of wood.



Test the smoke detector and fire alarm in your house.

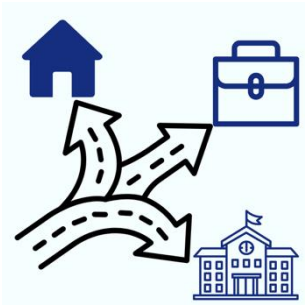
Buy a fire extinguisher for your home.

Put **motion lights** outside your house.



Motion lights are lights that turn on when something moves.

They turn on if a person comes near your house.



Try to change where you go and how you get there.

This can be:

- Where you go shopping
- The bus you take
- How you get to work
- What time you leave for work.



Park your car so no one can park behind you to stop you from leaving.



Change your passwords on your devices and online accounts.

Try to use different passwords for each account.



Change your phone passcode.

Do not share your passcode with the person hurting you.

Turn on **call screening** on your mobile phone.



Call screening lets you see who is calling and why.



You may have to speak to or see the person who was hurting you sometimes.

You might need to talk about shared children or pets.

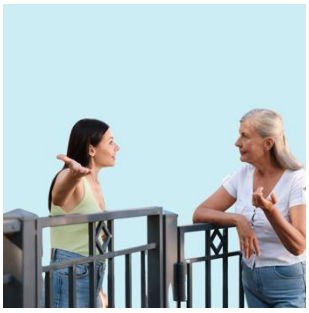
You can ask a lawyer about this.



Using email can be safer than calling or meeting in-person.

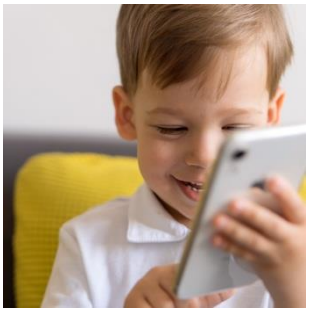
It is an easy way to save your chat history.

Remember not to use your new email address with them.



Talk to your neighbours or someone you trust.

Ask them to call the police if they feel you are unsafe.



Teach your children about how and when to call 000 in case of an emergency.



Tell people who take care of your children who can and cannot pick them up.

This might be:

- Childcare centre
- School
- Babysitters
- Family or friends.

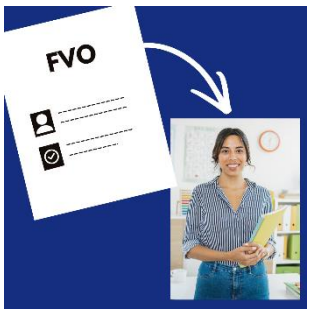
Talk to a lawyer about applying for a **Family Violence Order**.



A Family Violence Order is a court document.

It is also called a FVO.

A FVO tries to keep a person safe from family and domestic violence.



You might share it with:

- Childcare centre
- Services
- Schools
- Your employer.

Word List



Call screening

Call screening lets you see who is calling and why.



Family Violence Order or FVO

This is a court document.

It tries to keep a person safe from family and domestic violence



Motion lights

These are lights that turn on when something moves nearby.



Refuge

A **refuge** is a safe and secret house.

Women and their children can go there when they are not safe at home. It gives them a place to stay and get help.



Safety plan

A safety plan is a list of things you can do to make yourself safer.



Wooden dowel rod

This is a long piece of wood.

It stops sliding doors or windows from opening.