

Planning your safety

Safety planning will look different in every situation.

It may be a plan to escape from a violent relationship or a plan for what to do if violence occurs. Each person needs to be the judge of what is safest and most realistic for them.



→ IDEAS THAT MAY HELP WITH SAFETY PLANNING ARE

- ☒ Identify areas of your house that may be safer than others. These may be places with good exit points.
- ☒ Have your phone charged and with you if possible if you think the risk has increased.
- ☒ Identify safe areas that you can go to when you are able to get away e.g. with friends or family, a domestic violence service, police station or hotel.
- ☒ Keep a copy of important documents in a safe place.
- ☒ Pack a bag with essentials, including clothing, medication and phone chargers if safe to do so.
- ☒ Keep a record of all incidents of abuse, including texts, phone messages or photos of injuries if safe to do so.
- ☒ Ask for support – this might include from friends, family, neighbours, domestic and family violence service or police.
- ☒ Keep a list of emergency contact numbers in a safe place.
- ☒ If you want to leave, think about when the safest time might be to do this.
- ☒ Ensure that your house number is clearly visible in case emergency services need to be called.
- ☒ If separation has happened, think about safety plans for childcare, schools and work.
- ☒ Be aware of possible tracking on electrical devices, including phones, tablets and laptops (both adult's and children's), as well as possible tracking devices that give GPS location.
- ☒ Be aware of what you post on social media with regards to giving away your location.
- ☒ If you're in immediate danger, **call 000**.

→ WHAT TO PACK

- ☒ Copies of important documents including birth certificate, passport, driver's license, financial and medical records
- ☒ Medications
- ☒ Clothing
- ☒ Personal items
- ☒ Cash and credit cards
- ☒ Keys
- ☒ Phone and charger
- ☒ Valuables that can be easily transported
- ☒ Safety devices

Be aware of packing items discreetly and leaving them in a safe place.



Important numbers

Emergency service	Triple Zero (000)
DVconnect	1800 811 811
Safe and Well CQ	4979 1456