Logo, company name

Description automatically generated

**1326 Gerrard Street East, Toronto ON M4L 1Z1 ∙ Tel: (416) 465 6021**

**MY SAFETY PLAN**



**I will review the safety plan every** **(weeks or months).**

**Part 1: Staying Safe at Home**

**Part 2: My Emotional Safety Plan**

**Part 3: Staying Safe in Public**

**Part 4: Staying Safe Online and When Using My Phone**

**Part 5: Keeping Children Safe (if applicable)**

**Part 6: Staying Safe at Work (if applicable)**

**Part 7: Staying Safe in My Car (if applicable)**

**MY EMERGENCY BAG CHECKLIST**

**EMERGENCY NUMBERS**

**Acknowledgements**

This safety plan was adapted with permission from [My Safety Plan](https://www.cleo.on.ca/en/publications/plan), published by CLEO (Community Legal Education Ontario/Education juridique communautaire de l’Ontario) (May 2016).

We would like to acknowledge Victim Services Bruce Grey Perth for granting us permission to use the tips from ‘An Emotional Safety Plan’ on pages 44-45 of the ‘Safety Plan, Victim Services of Bruce Grey Perth.’ (<http://www.vsbgp.com/wp-content/uploads/2018/05/Safety-Plan-VSBGP.pdf>).

**Part 1: Staying Safe at Home**

1. **Things that usually trigger abuse or that happen before my abuser hurts me:**

1. **This is the safest way to enter or leave my home (practice ways to get out):**

1. **If I can't leave my home, I can go to these rooms if I’m in danger:**

(e.g., Rooms that have ways to escape and doors that lock, but don't have things like kitchen knives and power tools.)

1. **Places near or in my home that I can avoid when I am alone:**

(e.g., apartment stairwells)

1. **If I need to call for help, telephones are located in these places:**

1. **A safe place close by that I can go if I don’t have a car:**

1. **A friend or family member I can stay with overnight:**

1. **People I can call for help (besides 911):**

| **Name** | **Phone Number** |
| --- | --- |
|  |  |
|  |  |
|  |  |

1. **My code word to tell family and friends that I need help is:**

1. **Closest Shelters (call 211 to obtain information on the nearest shelters):**

| **Name of Shelter** | **Address** | **Phone Number** |
| --- | --- | --- |
|  |  |  |
|  |  |  |
|  |  |  |

**If you live with your abuser:**

[ ] Hide originals of important documents in a safety deposit box or with a trusted friend.

[ ] Keep copies of all court orders, like a restraining order, peace bond, or access order, with me at all times.

[ ] Practise leaving my home and getting my emergency bag. See the last page of this safety plan for a checklist of things to pack.

[ ] Add telephone numbers to my cell phone for support people, emergency contacts, and the closest shelter. I can use a fake contact name for the shelter if I don’t want anyone to know I may call a shelter.

[ ] Memorize important telephone numbers in case I can’t get to my cell phone.

[ ] Tell family and friends my code word for when I need help, and tell them what I want them to do.

**Other things to do if I don’t live with my abuser:**

[ ] Change the locks on my home if I think my abuser may have a key. *Note:* If you're married to your abuser and living in the home you shared with them, you might need a court order or agreement before you can do this.

[ ] Add extra security, such as an alarm system, more locks, or window bars.

[ ] Let someone know when I get home safely.

[ ] Tell friends, family, and employers not to share my contact information or tell my abuser where I am.

[ ] If there is no reason for my abuser to come to my home (such as child pick-ups or drop-offs), tell neighbours to call me or call for help if they see my abuser near my home. Show or give them a picture of my abuser.

[ ] Have someone with me if my abuser comes to my home to pick up or drop off my child.

**Part 2: My Emotional Safety Plan**

1. **What are some of the things that are causing me distress?**

(e.g., thoughts, images, mood, situations, and/or behaviours)

1. **What are some of the things I can do myself to take my mind off my problems?**

(e.g., relaxation techniques, deep breathing, exercise, journaling, light reading)

1. **When I am distressed or in pain, who do I trust to call or talk to about it?**

1. **When I feel overwhelmed, what professional services can I call?**

**To do:**

[ ] Attend as many abuse specific counselling group sessions as you can.

[ ] Collect resources and pamphlets concerning abuse. Keep in a safe place, not in your home.

[ ] Become involved in community activities to reduce feeling isolated.

[ ] Take a part-time job to reduce isolation and to improve your finances.

[ ] Enroll in school to increase your skills.

[ ] Join support groups to gain support and strengthen your relationships with other people.

[ ] Learn about the law and your rights.

[ ] Have positive thoughts about yourself and be assertive with others about your needs.

[ ] Take time for you - to read, meditate, play music, etc.

[ ] Remember to eat nutritional food and to sleep regularly.

[ ] Decide who you can call freely and openly to give you the support you need. Spend time with people who make you feel good and provide positive support.

[ ] Take part in social activities, i.e. movie, dinner, exercise.

[ ] Keep your Client Profile up to date to help you feel prepared for upcoming events.

[ ] Keep a personal journal to write about your feelings, especially when you are feeling low or vulnerable. Keep it in a safe place.

[ ] Write something positive about yourself everyday – your own personal affirmations.

[ ] Take time to prepare yourself emotionally before entering stressful situations like talking with your partner, meeting with lawyers, or attending court.

[ ] Try not to overbook yourself – limit yourself to one appointment per day to reduce stress.

[ ] Be creative and do whatever makes you feel good.

[ ] Do not find your comfort in excessive use of alcohol or food – it only serves to increase your depression.

[ ] Avoid excessive shopping and impulse buying.

[ ] Join a health club or start an exercise program. It will increase your energy level and increase your sense of well-being.

[ ] It's okay to feel angry, but find positive and constructive ways to express your anger.

[ ] Remember that you are important and that you need to take care of yourself in order to be able to care for others.

[ ] If you are thinking of returning to a potentially abusive situation, discuss an alternative plan with someone you trust.

[ ] If you have to communicate with your partner, determine the safest way to do so.

**Part 3: Staying Safe in Public**

**To do:**

[ ] Have my cell phone and charger with me at all times

[ ] Ask someone to come with me.

[ ] If I have to be somewhere alone, call when I leave or arrive safely.

[ ] If I use public transit, sit near the driver or near the emergency alarm.

[ ] Call a taxi if I feel unsafe taking public transit (see emergency numbers on last page).

[ ] Avoid places where my abuser may be, such as:

[ ] Change any routines that might make it easy for my abuser to find me (for example, grocery stores I go to and the hours that I usually go).

[ ] Learn the exits of the places I normally visit.

[ ] Learn the address for the police stations nearby:

| **Police Division** | **Address** | **Phone Number** |
| --- | --- | --- |
|  |  |  |
|  |  |  |

**Part 4: Staying Safe Online and When Using My Phone**

**To do:**

[ ] Learn how to stay safe online and when using my phone.

[ ] For an overview visit: [www.lukesplace.ca/resources/keep-safe-online](http://www.lukesplace.ca/resources/keep-safe-online)

[ ] I will learn how to delete my browsing history and cookies:

* For example on Chrome browser: <https://support.google.com/accounts/answer/32050?co=GENIE.Platform%3DDesktop&hl=en>

[ ] If I live with my abuser, I will use a computer at       instead of at home.

[ ] Change passwords for online bank accounts, emails, etc., that my abuser knows or can easily figure out.

[ ] Delete my social media accounts (including Facebook, Twitter, Instagram, etc.). Make new accounts if I want to stay on social media.

[ ] Limit what I share on social media and make my account settings as private as possible so that my abuser can't keep track of what I'm doing or saying, or where I am.

[ ] Not share my location on social media, and ask people I'm with to do the same.

[ ] Turn off or disable the GPS function on my cell phone and tablet.

[ ] Call my phone company to have my phone number unlisted and to change my phone plan if my abuser has access to my records.

[ ] Block my phone number by dialing \*67 before I make calls.

[ ] Block my abuser’s phone number.

[ ] Not accept calls from private or blocked numbers.

[ ] Set an anonymous voicemail message or have someone else set one for me.

**Part 5: Keeping Children Safe (if applicable)**

1. **My children’s code word to leave the home or to call for help is:**

1. **This is the safest way for my children to enter or leave my home:**

1. **A safe place close by that my children can go to:**

1. **If my children can't leave the home, they can go to these rooms if they are in danger:**

(e.g., Rooms that have ways to escape and doors that lock, but don't have things like kitchen knives and power tools.)

1. **People my children can call for help if they don’t feel safe:**

| **Name** | **Phone Number** |
| --- | --- |
|  |  |
|  |  |
|  |  |

1. **Only these people can pick my child up:**

| **Name** | **Phone Number** |
| --- | --- |
|  |  |
|  |  |
|  |  |

**To do:**

[ ] Tell the school, daycare, etc., who can pick my children up. Give them a copy of any court orders or agreements.

[ ] Tell the school, daycare, etc., not to share my contact information with anyone.

**Depending on my children’s age and my situation, I can go over this plan**

**with my children and I can:**

[ ] Teach them my code word for when I need help, and tell them what I want them

to do. Also teach them a code word for when they need help.

[ ] Tell them where the telephones at home are and teach them how to use a landline

if they need to call 911 or someone else for help.

[ ] Teach them how to use a cell phone if they need to call 911 or someone else

for help.

[ ] Teach them what to say when they call 911 or someone else for help. For

example, their name, my name, and our address.

[ ] Tell them who can pick them up, and to go to the closest adult or call for help if

someone else tries to pick them up.

[ ] Tell them if I want them to answer the door or pick up the phone.

[ ] Tell them not to tell anyone where I am or where they are.

**Part 6: Staying Safe at Work (if applicable)**

1. **Who I can tell about my abusive situation:**

1. **This is the safest way to go to and leave my work:**

1. **How to contact security or my co-workers if I feel unsafe at work:**

**To do:**

[ ] Practise using the safe ways to go and leave my work.

[ ] Avoid stairwells and other quiet areas when I’m alone.

[ ] Ask someone to walk with me to work or to my car.

[ ] Ask my employer and co-workers not to share my contact information or tell my abuser where I am.

[ ] Ask someone to screen my calls at work. Show security and my co-workers a photo of my abuser

**Part 7: Staying Safe in My Car (if applicable)**

**To do:**

[ ] Have my cell phone and charger with me at all times.

[ ] Call someone when I leave or arrive safely.

[ ] Check the back seat before getting into my car.

[ ] Check if there is a GPS tracking device on my car.

[ ] Check if my car's navigation system tracks where I go and if I can delete that history.

[ ] Have someone walk me to my car.

[ ] Keep my keys in my hand when going to my car.

[ ] Make sure my gas tank is full.

[ ] Know different routes to get to home, work, or other places I normally go.

[ ] If my abuser is following me I can drive to:

**MY EMERGENCY BAG CHECKLIST**



[ ] Copies or photographs of important documents:

[ ] birth certificates for you and your children [ ] insurance documents

[ ] marriage certificate [ ] court orders

[ ] immigration papers [ ] work permits

[ ] passports [ ] banking books and records

[ ] car registration [ ] medical records

[ ] mortgage or lease documents for home and car

[ ] Extra sets of keys that I need, like home, car, and work keys

[ ] Medications and prescriptions

[ ] Change of clothes

[ ] Special or valuable items, like family photos, important jewellery, small gifts from my family

[ ] Children’s important items

[ ] medications and prescriptions

[ ] vaccination records

[ ] special toys

[ ] change of clothes

[ ] Other:

**Keep my wallet and purse in a spot where I can get them quickly. Make sure I have my:**

[ ] credit cards

[ ] debit cards

[ ] some cash

[ ] health card

[ ] driver’s licence

[ ] cheque book

[ ] Social Insurance Number (SIN) card

[ ] cell phone and charger

**EMERGENCY NUMBERS**

Emergency (Fire/Medical/Police) 911

Assaulted Women's Helpline (English) 416-863-0511 (GTA)

416-364-8762 (GTA TTY)

1-866-863-0511 (TOLL-FREE)

1-866-863-7868 (TOLL-FREE TTY)

#SAFE (#7233) -- On your Bell, Rogers, Fido or Telus mobile phone

Fem'aide (French) 1-877-336-2433

1-866-860-7082 (ATS)

Distress Centres of Toronto 416-408-4357 or 408-HELP

Victim Services Toronto 416-808-7066

(immediate support for victims of crime)

Toronto Rape Crisis Centre: 416-597-8808

Multicultural Women Against Rape

Ontario's Victim Support Line 1-888-579-2888

(information & referral counsellor) (English, French, other languages through an interpreter)

Talk4Healing Help Line Toll-free: 1-855-554-HEAL (4325)

(for Indigenous women) (available in 14 languages all across Ontario)

Riverdale Immigrant Women’s Centre:

Violence Against Women Program

Intake/General Enquiries 647-395-0226 or 647-395-3605

Seniors Safety Line 1-866-299-1011

(safety planning, information and referrals

in over 200 languages)

Taxi Services:

Beck Taxi (416) 751-5555

Co-op Cabs (416) 504-2667

Royal Taxi (416) 977-6869

***Important Note:***

**Please try to call a shelter before arrival so that they can expect you. Reimbursement for taxi fare may be available through the shelter.**