

**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**

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

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