

My Safety Plan



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Table of Contents

Introduction.....	Page 3
Documenting Abuse.....	Page 4
Safety During A Violent Incident.....	Page 4
Safety When Preparing to Leave.....	Page 6
Safety In My Own Residence.....	Page 7
Safety With A Court Order.....	Page 8
Safety At Work And In Public.....	Page 9
Safety And Drug/Alcohol Consumption.....	Page 10
Safety And Access Visits.....	Page 10
Safety And My Emotional Health.....	Page 11
Items To Take When I Leave.....	Page 12
Telephone Safety.....	Page 13
Safety With Internet And Technology.....	Page 14
Erasing Your Internet Tracks.....	Page 15
Court Safety.....	Page 15
Important Telephone Numbers.....	Page 16
Parent Safety Plan For Children.....	Page 17
My Child's Safety Plan.....	Page 19
How To Call 911 Emergency Services.....	Page 20
Safety Planning For Victims With Disabilities.....	Page 21



PERSONAL SAFETY PLAN

Domestic violence means an incident of violence or threat of violence occurring anywhere between;

- ✓ Husband and wife,
- ✓ Same gender partners,
- ✓ Common-law partners,
- ✓ Any partnership involving intimacy, such as a dating relationship or an extramarital affair and,
- ✓ Includes persons previously involved with each other in any of the above relationships.

The Criminal Code of Canada explains that criminal harassment occurs when a person, not having authority to do so;

- ✓ Repeatedly follows, communicates, and/or watches an individual or anyone known to the individual, and/or
- ✓ Watches the home, and/or workplace of the individual, or
- ✓ Engages in threatening conduct directed at the individual or their family.

The person suspected of any of these activities must know that;

- ✓ The individual is being harassed and
- ✓ The activity is causing the individual to reasonably fear for their safety or the safety of anyone known to them.
- ✓ Their behaviour is unwanted

The term “victim” will be used throughout the Personal Safety Plan and includes anyone who is, or perceives themselves to be, a victim of domestic violence and/or criminal harassment.

The steps in this document represent a plan for increasing the personal safety of a victim of domestic violence and/or criminal harassment. This plan is designed to help victims prepare for the possibility of further violence. Victims have a choice about how to respond to a known offender, and how to best get themselves and their children to safety. It is not limited to the examples in this document. Trust your gut instincts, judgment and experiences. If you feel a safety strategy isn't right for you, don't do it!



DOCUMENTING ABUSE

Completed

Not Applicable

It is an excellent idea to keep track of any abuse that you experience from your partner or ex-partner. It helps to provide a record of what has happened. You may need to recall the abuse to the police or in court. It can also help you to remember how you have been treated by your (ex) partner. Remember that emotional abuse and manipulation is just as serious as physical and sexual abuse. Keep a pen and paper on you at all times to write down the date, time and details of any abuse that you experience. This includes:

- Name calling
- Threats
- Manipulation
- Harassing phone calls, text messages, emails, Facebook, Twitter etc.
- Grabbing, pushing, shoving, kicking, hitting, slapping
- Rape or any forced sexual activity or touching that you do not want

SAFETY DURING A VIOLENT INCIDENT

Completed

Not Applicable

You cannot always avoid violent incidents. In order to increase safety, abuse victims may develop a variety of plans. Try to identify patterns in your partner or ex-partner's use and level of force so you can attempt to predict danger to yourself and others before it occurs. Some or all of the following plans are to be considered if confronted with a violent incident:

- a. "I can keep my purse/wallet/identification, car keys, and emergency cash ready and put them in _____ (place) in order to leave quickly."
- b. "I can tell (list two trusted friends/neighbors and their phone numbers) _____
_____ about the violence and request they call the police if they hear suspicious noises coming from my house or they cannot locate me."
- c. "I will use _____ as my code word with my friends/relatives/children so they can get help."
- d. "If I have to leave my home, I will go to _____ (decide this even if you don't think there will be another violent incident). If I cannot go to the above location, then I can go to _____."
- e. "I will keep weapons and weapon like objects locked up and as inaccessible as possible. During violent incidents I will avoid rooms with access to potential weapons and rooms without outside access."
- f. "When I expect my partner and I are going to have an argument, I will try to move to a space that is lowest risk such as _____."



- g. "I will use my judgment and intuition. If the situation is very serious, I should consider doing what I know will calm my partner down. I must remember that I have to protect myself and the children until we are out of danger."
- h. If physical violence is unavoidable, make yourself a small target – curl up like a ball with your face protected and arms around each side of your head, fingers intertwined.
- i. If you are still residing with the abuser ensure that safety latches and deadbolts are not locked when the abuser is home with you in case you must leave in a hurry. Keep an extra pair of shoes or other footwear in your vehicle should you need to leave in a hurry.



SAFETY WHEN PREPARING TO LEAVE

Completed

Not Applicable

Abuse victims sometimes do leave the residence they share with the abuser. Leaving must be well planned in order to increase safety. Abusers often strike back when they believe that the abused partner is leaving the relationship.

- a. "If I decide to leave, I will (Practice how to get out safely. What doors, windows, elevators, stairwells or fire escapes would I use? Consider your physical stamina and abilities as well as the health status of anyone who may need to leave with you.)

_____."
- b. "I will leave money and an extra set of keys with _____ so I can leave quickly."
- c. "I will keep copies of important papers at _____."
- d. "I will open a savings account by _____ (date) at _____ (bank) in order to increase my independence."
- e. "Other things I can do to increase my independence include:

_____."
- f. "If my partner is using alcohol or drugs, I can (leave with the children, call a friend, call a friend of my partner's) _____."
- g. "I can keep change or phone card with me at all times for phone calls. I understand that if I use my telephone credit card, the following month the telephone bill will tell my abuser any numbers that I called after I left. To keep my telephone communication confidential, I must either use coins, the Quick Change phone card, or I will get a friend to permit me to use a telephone credit card for a limited time." If making 1-800 calls there will not be a fee for these calls.
- h. "I will contact _____ and _____ for a temporary place to stay and for emergency financial assistance."
- i. "I can leave extra clothes with _____."
- j. "I will sit down and review my safety plan every _____ (week, two weeks, months, etc) in order to plan the safest way to leave the residence. My case worker, friend or _____, has agreed to help me review this plan."
- k. "I will rehearse my escape plan and as appropriate, practice it with my children. I will make a plan of how I will respond if my abuser learns of my intent to leave."
- l. If I have a disability, I may need to set up an emergency care plan if my abuser is also my caregiver. I can contact _____ to make a plan for an emergency care provider.



SAFETY IN MY OWN RESIDENCE

Completed

Not Applicable

There are many things that I can do to increase safety in my own residence. It may be impossible to do everything at once, but safety measures can be added step by step.

- a. "Changing the locks on my doors and windows as soon as possible. Replacing wooden doors with steel/metal doors with peepholes instead of windows. I will make sure my house number is clearly visible for police."
- b. "Installing security systems such as additional locks, deadbolts, peepholes, window bars, poles to wedge against doors, and electronic system with a panic button. If I have one I will keep the panic alarm for my vehicle by my bed."
- c. "Purchasing rope ladders to be used for escape from second-floor windows. Installing smoke detectors and purchasing fire extinguishers for each floor in my house or apartment."
- d. "Installing an outside lighting system (motion sensors) that lights up when a person is coming close to my home. If I live in an apartment building, I will not use the laundry facilities when I am alone."
- e. "Remembering to give my code word to the person(s) I instruct to collect my children in an emergency or any other unusual situation AND changing the code word with my children once it has been used."
- f. "Telling those who take care of my children which people have permission to pick up my children and that my partner is not permitted to do so. The people I will inform about pick-up permission include: School _____, Daycare _____, Babysitter _____, faith leader/teacher _____, coach/instructor _____ or other _____."
- g. "Informing (neighbour/religious leader/friend) _____ that my partner no longer resides with me and they should call the police if they observe my partner at or near my residence."
- h. "If I need to call the police, I will give them the following information about the abuser: his birth date _____, his physical description including height _____, weight _____, hair colour _____, facial hair _____, tattoos and/or scars _____, the type of vehicle he drives _____, and his license plate number _____."
- i. "I can take steps to ensure the confidentiality of certain documents by using a P.O. Box or alternate address, or setting up a password with certain institutions to guarantee only I can access my personal information. The documents I will change include: _____ bills, _____ utilities, _____ car registration, _____ taxes, _____ Revenue Canada and _____ bank accounts."



SAFETY WITH A COURT ORDER

Completed

Not Applicable

Some abusers obey Court Orders such as Peace Bonds, where they promise the court that they will obey all terms and conditions. Unfortunately, no one can be sure which abuser will obey and which will go against a Court Order.

Peace Bond: A court order under the *Criminal Code* made by a provincial court judge, or an agreement the person makes with the court for a period up to 12 months. To request one, go to the nearest court house – you may need a lawyer. If the person breaks any conditions, call the police immediately. This person may be charged for breaking conditions, and if convicted, he or she could be sent to jail or fined, or both and would also get a criminal record.

Restraining Order: This is not a criminal order it is a family court order made under provincial civil law. It forbids a spouse or partner from communicating with you and the children, except as set out in the order. It serves the same function as a peace bond but does not necessarily carry the same penalties if the person disobeys

“The following are some steps that I can take to help enforce my partner’s Court Order.”

- a. “Recognize that I will have to report to the police when my partner disobeys any conditions of the Court Order. I understand that I must not contribute in any way that may cause my partner to breach the Court Order. If the police do not assist me, I will report the breach of the Court Order to one of the following: the local O.P.P. Detachment Commander; to the Officer in Charge or to the Police Chief of the Police Service in the jurisdiction where the Court Order was violated. I will ensure I have a copy of any court orders with me at all times and that they specify Police Enforceable on them.”
- b. “If I have any questions about court orders, or how I can get one, I will contact _____.”
- c. “I can ask what personal information is available about me to the abuser via any court orders and request that this information be removed wherever possible.”
- d. “I can get a copy of my partner’s Court Order from the court office located at _____.”
- e. “If my partner destroys my copy of the Court Order, I will get another copy from the court located at _____.”
- f. “If I relocate to another community, or if I work in a community other than where I reside, I will notify the Police Service or OPP Detachment in that community of my new address and work location AND tell them about my partner or ex-partner’s violent behaviour including the details of the Court Order.”
- g. “For further safety, if I often visit other cities, towns or countries, I will notify the police service in the jurisdiction I am visiting of my partner’s violent behaviour and the details of any Court Order.”
- h. “I will inform my employer _____, religious leader _____, closest friend _____, my Worker at the local safety network or shelter _____ and _____ that a Court Order has been issued against my partner or ex-partner, including all of the conditions that affect me and my children.”



SAFETY AT WORK AND IN PUBLIC

Completed

Not Applicable

I must decide if and when I will tell others that my partner is violent and that there might be a continued risk. Friends, family and co-workers can help me. Carefully, I will consider which people I invite to help secure my safety. "I might do any or all of the following:"

- a. "Inform my boss, the Security Supervisor, _____, Secretary or Co-workers of my situation." I will pre-arrange for my employer to call the police if I am in danger from my ex-partner. I will speak with my Employer about Bill 168 and what safety measures can be put in place at work to protect myself and my co-workers.
- b. "Ask _____ to help screen my telephone calls at work. I can also make use of telephone voice messaging to screen my calls."
- c. "When leaving work, I can walk from the building accompanied by _____ (Security, Co-workers, friends) to ensure my safety."
- d. Inform people in the neighbourhood that my partner no longer lives with me and they should call the police if he/she is observed near my residence. Give them a photo/description of the abuser and their car if possible. If I feel comfortable, I can tell really close neighbours that if they hear a fight in my home to call police.
- e. "If I see my ex-partner on the street, I will try to get to a public space, like a store. I can call attention to myself and request help. If I am attacked in public, I can yell "help" to attract a crowd."
- f. "If problems occur while I am driving home, I can _____ (use my cell phone, personal sound-alarm, honk my horn continuously, drive to a drive-thru or a well-lit public place that is open and filled with people, drive directly to the local Police Service/OPP Detachment when open for help*, keep a "Call Police" sign in my car in case I have trouble or I am being followed). If my ex-partner is following me I WILL NOT DRIVE HOME." *Note: OPP or sub offices open times can vary, especially at night.
- g. "If I use public transit, I can _____ (sit close to the front by the driver, arrange to have someone meet me at my bus stop and walk me home. Once I arrive home, call a friend or relative let them know I arrived safely)."
- h. "If I live in an apartment building, I won't list my name in the apartment directory. Instead I can use a false name or "Occupied", or just the apartment number."
- i. "I will notify my doctor and dentist about the situation so they won't release any information about me. I will reschedule any appointments that may be known to the abuser."
- j. "I can shop at different grocery stores and shopping malls, during different hours than those I used to when living with my ex-partner. I can change my routine."
- k. "I can alsoCarry my keys while walking so I can get into the car faster, lock my doors as soon as I am inside, lock my gas cap, get a keyless entry/remote for my vehicle if possible, arrange to get a permanent parking spot at work/school close to the door, change my workstation, scan the parking lot and try to park in a well-lit area, look inside and underneath my car before I get in, try to keep my car maintained and filled with gas (fill during day), keep my cell phone charged and a charger in my car, avoid isolated routes, not wear earphones, take a self-defense course, carry a personal alarm or a whistle."



SAFETY AND DRUG/ALCOHOL CONSUMPTION

Completed

Not Applicable

Most people in our culture consume alcohol. Some use mood altering drugs. Much of this activity is legal and some is not. The legal outcomes of using illegal drugs can be very hard on a victim of abuse. It hurts relationships with the victim’s child and puts the victim at a disadvantage in other legal situations with the abuse. Therefore, victims should carefully consider the potential risks associated with the use of illegal drugs.

But beyond this, the use of alcohol and/or drugs can reduce a victim’s awareness and the ability to act quickly to protect themselves and their children from the abuse. Furthermore, the use of alcohol and/or drugs by the abuser may give the abuser an excuse to use violence. Therefore, in the context of drug or alcohol use, a victim needs to make specific plans.

“If drugs and/or alcohol consumption has occurred in my relationship with my partner, I can improve my safety by some/all of the following:”

- a. “If I am going to use alcohol and/or drugs, I can do so in a safe place and with people who understand the risk of violence and are committed to my safety.”
- b. “I can also (call a friend, call AA, etc.) _____ . I can carry extra money for taxi or transit.”
- c. “I can use the buddy system. When I am with a friend at a bar, pub or party, we will plan to watch out for one another and arrange to leave the event together or in a group.”
- d. “I will not leave my drink unattended. I will be careful of who I invite back to my home. I will not frequent places where the abuser is known to be.”
- e. “If I see him out somewhere and he is intoxicated or I am, I can leave immediately and _____ .”

SAFETY AND ACCESS VISITS

Completed

Not Applicable

Make sure the judge knows about the history of abuse and whether there is a no-contact order in effect. Second, if you do have to meet face-to-face, make sure you have a friend or other support person with you. Third, you can develop a safety plan. Be aware of the different types of exchanges and choose one that works for you.

- a. Direct Exchange - The parents exchange the child directly. They either meet up in an agreed-upon location or one parent picks up or drops off the child at the home of the other parent.
- b. Third Party Exchange - The parents agree to have, or the court orders, a third party takes part in the exchange. This means that a friend, relative, or support person picks the child up from one parent and drops the child off with the other parent. _____ could help with this.
- c. Supervised Exchange - The parents go to a supervised access centre or other location _____ (possible locations) and a professional person makes the exchange so that the parties have no direct or indirect contact. In some cases, it may even be possible for the parties to use different entrances or other neutral location.
- d. The access parent picks up and drops off the child at school (or another agreed-upon location) without any contact with the other parent. It is important to tell the school in writing when your ex-partner will be picking up your child to avoid confusion or the possibility of him picking the child up at other times.



SAFETY AND MY EMOTIONAL HEALTH

Completed

Not Applicable

The experience of being physically/verbally/mentally abused by a partner is usually exhausting and emotionally draining. The process of building a new life for yourself takes much courage and incredible energy.

“To conserve my emotional energy and resources and to manage difficult emotional times, I can do some of the following:”

- a. “If I feel down and ready to return to a potentially abusive situation, I can call a friend, relative or shelter worker for support.”
- b. “I will decide whom I can talk to freely and openly to give me the support I need.”
- c. “When I have to communicate with my partner in person or by telephone, I will state that I am recording our conversation and then do just that. I will also arrange to have a trusted friend or close adult relative present during these meetings, telephone calls, or make arrangements for all communication to go through a lawyer or another unbiased third party.”
- d. “I will use ‘I can statements` with myself and be assertive with others.”
- e. “I can tell myself, I am in charge of my life and confident in my ability to make decisions or other positive statements about my abilities (strengths) _____ when I feel others are trying to control or abuse me.”
- f. “I can read (poetry, self-help resources, religious books, etc.) or _____ to help me feel stronger.”
- g. “I can call (names of friends, family, and other support people) _____ to support me.”
- h. “Other things I can do to help me feel stronger in both body and mind are (continuing education/self-defense courses, volunteer part-time job) _____ to reduce isolation and increase my skills.”
- i. “I can attend workshops and support groups offered through the church, community resource centre, shelters for abused victims, family resource centres or local health units located at _____ to gain support and strengthen my relationships with other people.”
- j. “I will try not to overbook myself by limiting myself to one appointment a day to reduce stress and give me time to emotionally prepare for stressful situations.”
- k. “I will take care of myself through appropriate amounts of sleep each night, eating nutritional food, exercise and other positive activities such as journaling, meditating and spending time with friends. I will not try to find comfort in the excessive use of alcohol, drugs, food and/or gambling or impulse buying.
- l. “It is okay for me to feel angry. I will find positive and constructive ways to express my anger.”



ITEMS TO TAKE WHEN I LEAVE

Completed

Not Applicable

When a victim leaves a partner, it is important to take certain items with them. Beyond this, victims sometimes give an extra copy of papers and an extra set of clothing to a friend just in case they have to leave quickly.

Items with asterisks (*) on the following check-list are the most important to take. If there is time, the other items might be taken or stored outside the home.

“These items might be best to place in one location so that, if we have to leave in a hurry, I can grab them quickly.”

“When I leave I shall take” ...

- ✓ My Personal Identification (birth certificate, driver’s license, passport, etc)*
- ✓ Immigration Papers*
- ✓ Children’s Passports*
- ✓ Children’s Birth Certificates, Adoption Papers, Custody Orders*
- ✓ Social Insurance Cards*
- ✓ My partner’s Social Insurance Number*
- ✓ Keys for the House, Car, and Office*
- ✓ Money*
- ✓ Cheque Book, ATM Card*
- ✓ Bank Books*
- ✓ Welfare/ ODSP Identification*
- ✓ Mortgage Payment Documents*
- ✓ Marriage Certificate/ Divorce Documentation*
- ✓ Medical Records for all Family Members*
- ✓ My Health Card*
- ✓ My Children’s Health Cards*
- ✓ Medication/Prescription, Drug Benefit Cards*
- ✓ School and Vaccination Records*
- ✓ Work Permits
- ✓ Lease/Rental Agreements, Property Deed(s)
- ✓ Photographs
- ✓ Jewelry
- ✓ Small items that can be sold easily.
- ✓ Insurance Papers (Life, Home, Car)
- ✓ Address Book
- ✓ Children’s favorite toys and/or blankets.
- ✓ Items of special sentimental value.
- ✓ Vehicle Ownership Documents
- ✓ Government of Ontario Senior’s Card
- ✓ Proof of co-habitation
- ✓ Native Person Status Card/Documentation
- ✓ Employment/Pension Documentation
- ✓ Income Tax documents Including Receipts
- ✓ Credit Cards
- ✓ Cell phone/tablet/laptop & chargers
- ✓ Picture of (ex) abuser/partner



TELEPHONE SAFETY

Completed

Not Applicable

Please note that the information below pertains mostly to Bell Canada services. Please check with your telephone service provider for information about their safety features.

Call/Name Display – Phones with call display and name display allow your name and number to appear on the display device of the person you are calling. Your name and number will appear even if it is unlisted. As a result your confidentiality is jeopardized, which may be a safety concern for you.

Call Return – Even if a person does not subscribe to call/name display, they can still get your number by dialing *69. If your name and number are blocked, call return will not work.

Call Screen – This service allows you to redirect up to 12 telephone numbers of your choice to Bell recording. The recording lets the caller know you are not accepting calls. To activate this dial *60 and follow the prompts.

Call Trace – This safety feature should be used in serious situations where you are going to take legal action against the person calling. To access call trace – you must immediately dial *57 or 1157 (if you have a rotary phone) as soon as the harassing phone call is received. There is a \$5.00 charge for each trace, with a \$10.00 maximum monthly fee. When call trace is activated the trace information is recorded by Bell and it will only be released to police with proper legal authorization. Call trace can be used even if the caller has blocked their number.

CALL BLOCKING

Call blocking allows you to have your name and number blocked so the person you are calling is not able to get your name and number to use the call return option. There are several options available to you.

Permanent Per-line Blocking

- This service is provided free by Bell Canada but you must identify yourself as a victim of domestic violence
- To request this service call 310-2355 and speak with a client representative. If the agent is unaware of what you are requesting or indicates that the service is not available refer them to the page in your phone book that discusses privacy issues. IF they still insist that this service is not available ask to speak to a supervisor. You can also call me and with your signed consent I can make the call on your behalf.

Permanent Line Blocking DOES NOT block your number on calls made to 911 emergency services.

Occasional Blocking (Per Call)

- This is a free service provided by Bell Canada (where technically possible)
- You have to activate the call blocking feature before making the call
- To activate call blocking dial *67 or 1167 (for rotary phone), then dial the number

Note: Your name will appear on blocked calls to the States. American phone companies may not honour the call blocking feature, in which case your number will appear.

Two other Options:

- Dial "0" and ask the operator to block call (\$0.75 charge per call)
- Ask Bell to display "private name" (instead of your name) with your number (free service)



SAFETY WITH THE INTERNET & TECHNOLOGY

Completed

Not Applicable

- A. Change and protect all your online accounts (email accounts, online banking accounts, insurance accounts etc.) with strong passwords. You may want to change your email address all together.
- B. Search your name on the internet from a search engine like Google or Yahoo and see what information comes up and then contact those sites to have your information removed.
- C. Abusers often monitor their partner's computer use. Remember your "history" is traceable. It is almost impossible to clear a computer of all your activities. If still living with the abuser it may be safer to use a computer outside your home – work, friends, family member's or the local library.
- D. Your abuser may be using hidden cameras, such as the "Nanny Cam", or even a baby monitor to check on you. Also, be aware that a car's GPS can be monitored to track where you have been so be sure to erase the history. Other GPS devices can be hidden in your car or other objects you carry with you.
- E. Check privacy settings on your phone and ensure that your GPS and other location services are turned off to ensure the abuser cannot track you that way including GPS on your camera settings.
- F. Remember to always log out of any websites you use that require a password.

Social Media

- A. Consider removing yourself and your children from social media sites all together (e.g., Facebook, Twitter etc.) by deactivating your accounts.
- B. Don't overshare personal information such as your full name, social insurance number, address, bank information, credit card numbers, phone numbers or your photos. Talk to your children, family members and friends about your need to maintain your safety and privacy on social networking sites.

Facebook

- A. Set the privacy settings on your profile to "Friends ONLY" and change the settings on all your photos to "Friends ONLY" as well. This controls who has access to your information and photos. *Consider friends and family who your ex-partner might have contact with.
- B. When it is safe to do so, delete your abuser as a friend and block him or her so they cannot see anything about you on Facebook. Also, do this with anyone else who may pose a threat to your security. You can do this in the blocking section of your account settings. Have your children block them as well.
- C. Under your privacy settings you should also limit your past posts, turn off the link from your timeline to other search engines, and change your settings to ensure you use your activity log to review everything you are tagged in before it is posted to your timeline.
- D. Don't accept friend requests from people you don't know or people who may pose a threat.
- E. Don't reveal your location in statuses or photos.
- F. Report any inappropriate or abusive behaviour immediately to abuse@Facebook.com.

Twitter

- A. Turn off "Tweet Location" in your settings.
- B. Turn on the "Protect My Tweets" feature available in your settings so your tweets are only available to followers you approve.
- C. Use the Block feature on an aggressive user's profile to disable their ability to interact with you
- D. To report any violations or abusive behavior go to: support.twitter.com



ERASING YOUR INTERNET TRACKS

Completed

Not Applicable

If you are concerned about someone tracing your searches on the internet you can use the steps below to erase your search history. Simply determine which browser you are using and follow the steps for that browser. For more detailed instructions you can visit www.awhl.org/women-abuse/security.

Google Chrome

1. Click the Chrome menu on the browser toolbar.
2. Select Tools.
3. Select Clear browsing data.
4. In the dialog that appears, select the "Clear browsing history" checkbox.
5. Use the menu at the top to select the amount of data you want to delete. Select beginning of time to clear your entire browsing history.
6. Click Clear browsing data.

Internet Explorer

1. Close all running instances of Internet Explorer and all browser windows.
2. In Control Panel, click Internet Options.
3. Click the General tab, and then click Clear History.
4. Click Yes, and then click OK to close the Internet Options dialog box.

Mozilla Firefox

1. At the top of the Firefox window, click the Firefox button, go over to the History menu and select Clear Recent History....
2. Select how much history you want to clear:
3. Click the drop-down menu next to 'Time range' to choose how much of your history Firefox will clear.
4. Next, click the arrow next to 'Details' to select exactly what information will get cleared. Your choices are described in the 'What things are included in my history?' Section.
5. Finally, click the 'Clear Now button' and the window will close and the items you've selected will be cleared.

Safari

1. Open Safari if it is not already open.
2. Choose History > Clear History, and then click Clear.

COURT SAFETY

Completed

Not Applicable

A safety plan for court can help you feel more prepared to see your ex-partner/harasser

- A. "I can visit the court ahead of time."
- B. "I will bring a support person with me _____."
- C. "I will be aware of court security staff and ask for help if needed."
- D. "I will make arrangements for safe transportation _____."
- E. "I will find a place to wait that is away from my ex-partner/harasser and their supporters _____"



IMPORTANT TELEPHONE NUMBERS

Completed

Not Applicable

Police, Fire, Ambulance: 911 or _____

OPP Province Wide: 1-888-310-1122 _____

Assaulted Women’s Helpline: 1-866-863-0511

Child, Youth & Family Crisis Line: 1-877-377-7775

Kid’s Help Phone: 1-800-668-6868. Nationwide, 24 hours, both French and English not just a crisis-line but to answer any questions anytime.

Victim Services of S.D. G. & A.: 613-938-8900

Provincial Penal System Victim Registration:

Victim Support Line: 1-888-579-2888 or in Toronto (416) 314-2447 - Web address:

<http://www.attorneygeneral.jus.gov.on.ca/english/about/vw/vns.asp>

Federal Penal System Victim Registration:

Correctional Service Canada-Victim Registration: 1-866-806-2275 – Web address:

<http://www.csc-scc.gc.ca/victims/003006-0001-eng.shtml>

Children’s Aid Society of S.D&G: 613-933-2292 or 1-866-939-9915

Counselling and Support Services of S. D. & G.: 613-932-4610

Équipe Psycho-sociale: 613-938-7112

Maison Baldwin House: 613-938-2958 or 1-800-267-1744

Maison Interlude House Outreach Services: 613-525-5338/1-800-461-1842.

Naomi’s Family Resource Centre: 613-774-2838 or 1-800-267-0395

Doctor _____ Lawyer _____

Religious Leader _____

Work _____

Work Supervisor’s Home _____

Children’s School _____ Children’s Daycare _____

Social Worker _____

Other Important Numbers _____

Police Officer Contact _____

Completed: _____ **Signature:** _____

Date Reviewed: _____ **Signature:** _____



PARENT SAFETY PLAN FOR CHILDREN

Completed

Not Applicable

**Children require a safe environment in which to live. When their home life is a battleground involving the adults who live there, it can be traumatic and possibly dangerous. As the non-violent caregiver you need to develop a safety and escape plan with your children. Keep communication open and teach them that violence is NEVER right.*

**This plan provides safeguards for your children and a way for them to get immediate emergency help when necessary. The children need to understand that violence is not their fault nor is it their responsibility to try to intervene in an attempt to protect you from your abuser. "I will provide the following for my children..."*

- a. "I will set-up a safe room in our home for the children to go to in the event that my partner becomes abusive. This room will be, if possible, on ground level so the children can leave through a window if it becomes necessary."
- b. "The safe room will have a lock on the door and a cellular/cordless phone in a location, known only to the children and myself, with the police emergency number pre-programmed on a speed dial."
- c. The children will become familiar with the telephone and the location of the emergency speed dial key. I can add caller ID to my phone and teach my children not to answer unless it is a number they have been taught is safe. We will practice saying: "Someone is hurting my (mommy/daddy/aunt/step-mom/step-dad/etc.)", just in case one of the children has to call the police.
- d. "I will teach the children to take the telephone inside a designated area in a safe room when they call the police. The children will not hang up the phone after they call. I will teach them to stay on the line with the dispatch operator until the police arrive at our house." "I will teach my children our home phone number and complete address, including directions _____

- e. "The children and I will have a predetermined code word, _____ to alert the children to immediately leave our home and to run to _____ (our pre-arranged emergency friend such as our neighbour, or the corner store) and ask an adult to call the police."



- f. "The children know the location of the emergency friend and the fastest route to get there _____."
- g. "The children will contact their pre-arranged emergency caregiver _____, my closest friend _____, grand-parents _____, religious leader _____ or another pre-selected responsible adult _____ immediately after the emergency friend has called the police."
- h. I will practice and role-play safety plans with my children about what to do, and where to go if something violent happens. This includes talking about any and all possible scenarios that might occur.
- i. "The children will go with the emergency friend to the home of the emergency caregiver where I will meet them as soon as I am able."
- j. If the abuser has access to the children, I will develop safety plans they can use if violence occurs during their visits. These plans can include escape plans from the location they are at, who they can get help from, where to run if they are in danger, and clues to watch for that they may be in danger. I will use a safe location or a neutral third party for pick up and drop off for visits.



MY CHILD'S PERSONAL SAFETY PLAN

Completed Not Applicable

Call 911 in an emergency. People I can call for help are:

Name	Phone Number	Other Phone Number
Local police		

Safe Places for me to go are: _____

I can call Kids Help Phone line at 1-800-668-6868 for support or visit their website at www.kidshelpphone.ca

Someone I trust and can talk to about my feelings is: _____

Their phone number is: _____

Their address is: _____

We have agreed on the code word, _____, in case I need help.

They know my address and phone number.

They can call help for me.

Do you know all the exits in your house in case you have to leave in a hurry? Where are they?

Things to take with me if I can:

- Medicines I need
- Cash if I have any
- Clothing for a few days
- Identification (like my health card or birth certificate)

In an emergency I will not worry about these, I will just get to safety. **REMEMBER:** Keep this plan in a safe, accessible place. You may want to keep addresses, phone numbers or other information you'd need in an emergency with you. It is a good idea to get help from a trusted adult or information helpline when making a safety plan.



How To Call 911 Emergency Services

1. Go to a safe place whether it is another room in the house with a phone or a neighbour's house to ensure your safety.
2. Dial 911 and speak slowly and clearly to the dispatcher, do not yell. State your full name and your age.
3. Tell the dispatcher what the emergency is; give the address of where the emergency is and the number of the phone you are using.
4. Answer any questions the dispatcher may have.
5. If you are safe to, stay on the line with the dispatcher until help arrives in case more information is needed. If you are unable to stay on the line then hang up and take the phone off the receiver until help arrives to ensure your safety and the possibility that no one calls back.
6. Ensure that your safety has not been put at risk in making the call; if it is not safe just leave the phone on in a safe place.

Let's Practice

Make sure you are in a safe place.

Dial 911

A dispatcher will answer: "Fire, Police, Ambulance"

You say: _____

My name is: _____

I am _____ years old.

I need help. Send the (Fire, Police, etc.) _____

My (explain scenario)

The address is: _____

The phone number here is: _____



SAFETY PLANNING FOR VICTIMS WITH DISABILITIES

Completed Not Applicable

Tips for women with mobility or agility disabilities:

- Know how much your wheelchair weighs and whether it can be easily transported
- Know different ways to leave a building
- Check whether the Transition House or other safe location is wheelchair-accessible
- Consider giving a copy of your safety plan to people in your support network.

Tips for hearing impaired women:

For immediate medical, police, or fire assistance during an emergency, call 911 (voice and TTY for deaf or hard of hearing). If you are deaf or hard of hearing and use a TTY to communicate, you can call the RCMP at 1-866-297-7554, day or night. Things to consider taking with you when you leave:

- A pad of paper with pens or pencils or a small erasable white board for writing notes
- A Blackberry, V box, or other text messenger and power cord
- Extra batteries, portable TTYs, and hearing aids
- An alternative power source, such as an Eliminator, which can be plugged into a car battery to recharge TTYs and text messenger
- Cleaning kits for hearing aids and cochlear implants
- A sheet with the American Sign Language alphabet to help with communication
- A communication binder with pictures or phrases to help you communicate, such as “I need a family doctor,” “Where is the bathroom?” or “Where will I sleep?” it might also include a family contact name and phone number
- Portable visual notification devices that let you know if someone is knocking at your door or calling you on the telephone.

Tips for women who are blind or visually impaired:

Practice your plan regularly so you will know what to do if you have to leave in an emergency.

Things to consider taking with you when you leave:

- Extra batteries for tape recorders
- An extra pair of dark glasses, if needed
- A folding mobility cane
- A talking or Braille clock
- Extra aids, such as electronic travel aid, monocular, binocular or magnifier.



Tips for women with speech disabilities:

Have your safety plan written out. Things to consider taking with you when you leave:

- Extra batteries or power sources for communication devices
- A communication binder with pictures of phrases to help you communicate (see above in tips for deaf women).

Tips for women with developmental disabilities:

Work with someone you know and trust to help you create a safety plan. Make your plan with pictures instead of words so you will be able to follow it better (for example, show the exit route from the building in pictures).

Practice your plan. Things to consider taking with you when you leave:

- A safety plan with pictures to help you remember what you are supposed to do
- An extra power source or extra batteries for communication devices
- An emergency communication book with pictures of essential items such as bathroom and medical needs
- Pre-printed messages to show to those who may be helping you, such as Transition House workers or police (for example, "I may have difficulty understanding what you are telling me. Please speak slowly."). Include the name, address, and telephone number of someone you trust, such as a friend, family member or advocate.

Tips for women with mental health disabilities:

Practice your safety plan and how to communicate your needs. Think about the types of reactions you may have after an emergency, and plan strategies for dealing with them. Things to consider taking with you when you leave:

- Instructions for your care and treatment in case you are hospitalized
- Enough medications to last for at least three days (if you need medications)

*Keep safety plan in a safe place