

Safety Planning – Children’s Safety

Children’s Safety Planning

Children require a safe environment in which to live. As the non-violent caregiver, you need to develop a safety and escape plan with your children. This plan provides safeguards for your children and a means for them to alert immediate emergency assistance for you. The children need to understand that the violence is not their fault, nor is it their responsibility to try to intervene in an attempt to protect you from your abusive partner.

I will provide the following for my children:

I will ensure my children have phone numbers in case of an emergency and know how to contact them:

_____	_____
_____	_____
_____	_____

I can rehearse what my children will say if they need to call for help.

Dial 911

An operator will answer: “Police, Fire, Ambulance”

Your child says: “Police”

Then your child says:

My name is : _____

I am _____ years old

“I need help. Send the Police”

“Someone is hurting my mom or dad”

“The address here is _____”

“The phone number here is _____”

- I will pick _____ as a safe place to meet my children outside our home after the situation is safe for me and for them. I will teach my children the safest route to the planned place.
- I will be aware of my children’s ability to keep information confidential and will be careful to not share or have them over hear information that I do not want other people to know.

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- 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 necessary. The safe room will be _____.
- The safe room will have a lock on the door and a cellular/cordless phone in a location known only by the children and me, with the Police emergency number preprogrammed on speed dial. The children will become familiar with the telephone and the location of the emergency speed dial.
- The children and I will have a pre-determined code word, _____ to alert the children to go immediately to the safe room. We will have an additional code word _____ to immediately leave our home and run to _____ (neighbour’s house, corner store, etc.)
- The children know the location of the emergency location and the fastest route to get there. My children and I will practice fleeing to the location.
- The children will contact their pre-arranged emergency care-giver closest friend, grandparents, neighbours etc. _____ or _____. The children will go with the emergency care-giver to their home where I will meet them as soon as I am able.
- My children will know our address and identifying landmarks
- For detailed children or youth Safety Plans, I will contact a local women’s shelter and talk to a Child Support Worker, phone number _____.