

## Safety Planning – Tip Sheet

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### ***How to stay safe during violence***

I cannot always avoid violent incidents. To reduce harm and get help I will consider the following:

#### **1) HAVE A PLAN IN MIND**

- When an argument erupts, I will move to a safe room – ideally a room with 2 exits. I will try to avoid arguments in a bathroom, garage or kitchen, near weapons or in rooms without access to an outside door.
- Teach others in the home to call 911. If it is a regular phone (i.e., a landline and not a cell phone or phone on your computer) and caller cannot speak, leave the phone off the hook and the call will be traced. If it is a cell phone, the caller must give the address in order for the police to find the location.
- I will have a safe package (see Escape Plan list) or list already prepared and stored in a place that I can access easily and the abusive person will not find.

#### **2) STAY MENTALLY FOCUSED ON MY SAFETY**

- I will remind myself that I have an Emergency Escape Plan and rehearse it in my mind.
- Start to position myself to get out quickly or to get near a phone so I can call 911 if necessary. Keep a phone with me if possible.
- Use my judgment and intuition. If the situation is very serious, I can agree with our abuser or give him/her what they want to calm them down. I have to protect myself until I am out of danger.

#### **3) ASK FOR HELP WHEN I CAN**

- When, or after, I have been assaulted, call the police at 911 if I can. Don't hang up the phone, so that 911 can hear if I am in further danger while waiting for police to arrive.
- If I am blocked from using the phone, try and call for help loudly enough that neighbours can call police for you.