

Safety Plan

There are some practical things you can do to stay safe and leave quickly if you are unsafe.

Remember: You need to include all members of your family, especially the children.

Safety in the Home:

- Check that all doors and windows are locked at all times.
- Do not let the other person into your home. Do not open windows or doors to talk to them.
- Check whether you need to upgrade security around the home. For example, door locks, security screens, sensor lights, CCTV, window locks.
- Leave lights on outside at night to light up the area around the home.
- Keep your letter box locked or have your mail delivered to another address.
- Arrange to have a silent telephone number.
- Use caller ID or an answering machine or message bank service so you know who is calling.
- Tell your neighbours or landlord that your ex-partner no longer lives with you. Show them a photograph and ask them to let you know if they are seen near the property.
- Ask your neighbour for their phone number in case of emergency and share a code word if you feel unsafe.

Personal Safety:

- Change your phone number/SIM card or get another mobile phone for personal use. Only give your new number to people you can trust.
- Keep your mobile phone charged and with you at all times.
- Be mindful and safe when using technology such as mobile phones, iPads, computers, etc.
- Block the other person from social media accounts (Facebook, Instagram, LinkedIn, etc.).
- Avoid posting photos on social media that may show your movements, where the children go to school or where you live.
- Check your mobile phone for installed tracking apps and remove them.
- Disable location on your phone or iPad and disable location on social media.
- Park your car so that it can't be blocked in and you can access it and drive away easily.
- Lock your car doors when driving and avoid driving alone at night.
- Change your routines when shopping, catching public transport, walking, exercising, etc.
- Try to avoid using public transport at night.
- Be mindful of your surroundings and whether you are being followed including from children's schools.
- Consider whether it will help your safety if you get an FVRO.

Safety & children – planning ahead:

- Have an escape/quick exit plan in place and be ready to leave quickly. For example, have a bag packed with clothes, money, spare keys and copies of important documents.
- Discuss your situation with schools, workplace, child care centres, etc. so they can have safety measures in place. For example, the school should call you if the other person goes there.
- Keep a diary of any incidents or contact with the other person.
- Keep and save in a safe place any text messages or emails from the other person – especially if they are threatening or abusive.
- Change your email and computer passwords. Consider whether you need to change accounts or service provider.
- Involve your children and family in safety planning. Ask your family to check on you regularly. Have a code word for them to call the police in an emergency.
- Teach your children how to call 000 for the police, fire and ambulance services. Tell them not to hang up afterwards and help them to practice what to say if they have to report violence.
- Re-think this safety plan on a regular basis to ensure it contains the most appropriate actions for your circumstances.

Action:

- Call the police on 131 444 if you are feeling unsafe.
- Call the police on 000 if there is an emergency.
- Have someone stay with you or stay with someone else until you feel safe.
- If you are assaulted in public and if there are any witnesses, look the witness in the eye and ask them to call the police immediately.
- Report any breaches of an FVRO or protective bail conditions to the police and tell them you want to make a statement.
- If you don't have an FVRO to protect you, consider whether you should get one. Apply at your nearest Magistrates Court.
- Write down important contacts on the list below in case you need to call someone for help.

Important Contacts:

Name of Service	Service Provided	Contact No.	Contact Name
Legal Aid Infoline	Legal information, referrals, advice, representation	1300 650 579	
Women's Domestic Violence Helpline	Information, referrals	9223 1188 or 1800 007 339	
Men's Domestic Violence Helpline	Information, referrals	9223 1199 or 1800 000 599	