



CONTAINER OF DREAMS

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Domestic & Family Violence Safety Plan

Please consider when completing this what is relevant in your situation

Caseworker:

Client name:

Escape Plan

Date:

- Plan and practice the quickest way to leave where you are
- Have a small escape bag ready with keys, money and other important things
- Leave spare keys and copies of important papers with a trusted person, or have them packed
- Let a trusted person know that you may be calling on them if you have to leave quickly. Some people have a code word they agree to use. That way you can call even if the perpetrator can hear you.
- If you have any mobility issues or disability, arrange in advance for a friend or other support person to come straight away if you ring or text them
- If you plan to leave and are worried about your pet, the AWL or RSPCA may be able to help with.
- Contact your local Animal Welfare Group to see if they have a program in your area

Staying in the Home Plan

- Obtain an ADVO to exclude the perpetrator from your home, call Police if this is breached
- You can security upgrade your home including;
- Install a solid door with a lock or security chain to an interior room where you have access to a phone. You can go to this room in an emergency, call the police and wait for them to arrive.
- Change the locks (often changing the barrels is a less expensive option).
- Install security screen doors and always use a key to lock them, have Perspex around the door handle
- Install and use a door peephole and security systems such as cameras or motion sensors
- Ensure windows are secure, with locks or dowel rods/sticks. If ventilation is required, lock it in a partially open position.
- Ensure your home has smoke alarms installed and are working.

Work/Study Safety Plan

- If you have an ADVO, make sure it includes the work/study place.
- Keep a record of all incidents and how the abusive behaviour affects you, your work and your workplace.
- Ask a co-worker or your supervisor to screen your calls. Agree on how to handle a call from the abuser.
- Ask your supervisor to be flexible and consider changes to your worksite, shifts, schedule and/or department.
- Familiarise yourself with duress procedures: learn where help phones or emergency buttons are.

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Children

- Teach your children when and how to call emergency service '000'. Practice your home address with them so they remember.
- Practice with them about where to go if there is danger: for example, a neighbour's house. Alert the child's carer's or teachers of any custody orders, or care arrangements

Technology

- Change all your passwords/passcodes/pins on all your devices so no one else can open them. Choose a strong password that no one could figure out and keep it private.
- Remove your abuser's details as your emergency contact where needed, such as work/study/sport groups
- Make a list of all your accounts such as utilities, mygov, Centrelink, bank accounts, doctors, insurances and work through the list:
 - Make sure only you can access these accounts (make new ones if necessary).
 - Remove your abuser's permissions to receive or give information on the accounts
- Mobile phones and social media apps have tracking devices that can tell someone where you are, including on the photos you take. Make sure that location tracking in your device settings is turned *off*. (You may need to web search how to do this for each app and on your device)
- To avoid being contacted, you could block the abuser's details from your devices such as phone numbers, email addresses, and social media accounts. Each device or application should have 'blocking' as an option in the privacy settings.

Considerations

- SUPPORT** Think about what supports you and your children will need if you leave, or have left the relationship. Link in with appropriate support services & trusted friends or family.
- LEGAL** Are you wanting to obtain an ADVO for yourself / and children? Do you know the process?
- FINANCES** Do you have any joint bank accounts or does your partner have authority to speak on your behalf to Centrelink / your employer about your finances? Does your partner have any passwords / access to your income?
- HOUSING** Do you have somewhere safe to stay if you leave? Could you return home with a safety plan if your ex-partner leaves? Do you need a new home to move to?
- SECURITY** Can you safely stay in your own home? If so, what safety measures and property upgrades can be taken to ensure your safety?
- SAFETY** Are there actions you have taken in the past to keep yourself and /or family safe that have worked well that you can use again?

Please think about the considerations, and any other considerations you may have to use the 'My Plan' page below. Your case worker will support you to develop a safety plan that works for your current situation.

[Type here]

My Plan

List any actions below to help keep yourself and/or family safe after considering the above questions.

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- Copy of this safety plan provided to client**
- Copy of this safety plan uploaded to CIMS**
- Not safe to provide a copy of this safety plan to client**

A comprehensive list of safety response options can be found in the "Staying Home Safe" booklet provided by Momentum Collective;

<https://mymomentum.org.au/domestic-and-family-violence/>

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