
A personal safety plan is a way to help you protect yourself and your children. It helps you think and plan in advance for the possibility of future violence or abuse.

- Always keep your safety plan safe and never leave it where it could be found by your abuser. Share this safety plan with a trusted friend or family member, and also with a trusted professional you are in contact with.
- You do not have control over your partner's violence. However, you can think about how to respond and how best to get yourself and your children to safety.
- Review and update your safety plan regularly.

Keeping Yourself Safe

Increasing my safety while still remaining in the relationship

- **I will** have important telephone numbers accessible for myself and my children.
- **I can tell** about the abuse and ask them to call the police if they hear sounds of a violent attack coming from y house.
- **If i suspect** an attack is coming on or an argument is brewing, i can try to move to (a room with easy access to an exit. Try to avoid the kitchen, bathroom, garage or near possible weapons)
- **Rehearse** an escape plan with my children so they can get out quickly and safely. I will also talk to the children about where they should go in the house to keep safe.
- **I will** where possible keep a mobile phone charged and keep change for a payphone.

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- **I will** keep a small amount of money hidden away in case i need to leave quickly
 - **I will agree** code words, a blank text or emoji with friends, family or professionals to alert them that i am in danger and to call the police.
 - **If i suspect** an attack is coming on or an argument is brewing, i can try to move to (a room with easy access to an exit. Try to avoid the kitchen, bathroom, garage or near possible weapons)
 - **I can download phone apps** which will help me. The Brightsky app will help find services and the Hollie Gazzard app turns a smartphone into a personal safety device.
 - **I can pack** an emergency bag and leave it at..... so i can leave quickly.
 - see overleaf for list of possible essential items to take
 - **if I decide to leave,** I will go to

- I can **open a savings account** so i can save as much money as possible without alerting the abuser, have letters sent to a new email address or a different address other than home.

- **If I feel low or begin to think i should maybe just stay with my abuser, or return, I can:**

- Phone:
- Call a helpline
- Talk to someone who knows what I am going through / went through

- **I have a right** to seek confidential housing information, or emergency accommodation from the local authority, which retains a duty to me in a safe place if necessary.

- **In danger, need the police but can't speak?**

- Dial 999 and listen to the questions from the operator
- Respond by coughing or tapping the handset if you can
- If prompted, press 55. This lets the operator know its a genuine emergency

IMPORTANT PHONE NUMBERS IN MY AREA:

Mercia Woman's Aid

0800 783 1359

Shropshire Domestic Abuse

0300 303 1191

sdas@shropsdas.org.uk

Freephone 24 hours National Domestic

Abuse Helpline

0808 2000 247

Checklist of items to take:

- Birth certificate - yours and children
- passport - yours and children's
- School and Medical Records Book
- Medicine - yours and children's
- Money and benefit books
- Bank, building society books and bank cards
- Address book
- Rent/Mortgage details
- Driving Licence, car registration documents, details of car insurance
- Immigration documents
- Personal items - jewellery, photos, children's equipment, favourite toys/blanket, baby food and milk

Citizens Advice Telford & Wrekin

Domestic and Emotional Abuse Project

Keeping Yourself Safe



BREAKING THE SILENCE ON DOMESTIC AND EMOTIONAL ABUSE