



Pincher Creek Women's Emergency Shelter Association Personal Safety Plan

Before or During an Attack:

Before and During an Attack do the following:

- Stay close to a door or window so you can get out if you need to.
- Stay away from the bathroom, the kitchen, and weapons.
- Practice your escape. Know which doors, windows, elevator, or stairs would be best.
- Have a packed bag ready. Hide it in a place that you can get to quickly.
- Identify neighbors you can talk to about the violence. Ask them to call the police if they hear signs of relationship abuse coming from your home. If you do not wish to involve law enforcement, discuss alternatives with them.
- Have a "code word" to use with your children, family, friends, and neighbors. Ask them to call the police when you say that word, if you feel comfortable involving law enforcement.
- Know where to go if you have to leave home, even if you don't think you'll have to.
- Trust your instincts. Do whatever you have to do to survive.

Evicted Perpetrator or Living Alone:

If you had the perpetrator evicted or are living alone, you may want to:

- Change locks on doors and windows.
- Install a security system — window bars, locks, better lighting, smoke detectors and fire extinguishers.
- Change the passwords for your email and social media accounts, in case the abuser has obtained access to your private communications.
- Discuss your safety plan with friends and family so that they know how to best help
- Develop a code with your friends and family in case you need to communicate while the perpetrator is monitoring you
 - For example, "have you tried any new recipes?" could mean "please come pick me up"
- Teach the children to call the police or family and friends if they are snatched.
- Talk to schools and childcare providers about who has permission to pick up the children.
- Find a lawyer knowledgeable about family violence to explore custody, visitation and divorce provisions that protect you and your children.
- Compile a contact and resource list with the phone numbers and addresses of trusted friends, family members, and local shelters.
- Obtain a restraining order if you feel comfortable involving law enforcement.



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Leaving the Abuser:

If you are leaving the abuser, consider the following:

- How and when can you most safely leave? Where will you go?
 1. _____
 2. _____
 3. _____
- Do you know the number of the local shelter?
 - **Pincher Creek Women's Shelter Crisis Line: 1-888-354-4868**
 - **Government of Alberta toll free number to provide a shelter close to you or if you need to talk 1-866-331-3933**

I have been made aware of the following:

- I will take all threats seriously and notify police when they occur. Yes ___ No ___
- Make it clear you want the relationship to end. Yes ___ No ___
- Make it clear to abuser you do not want them to call you, see you or have any of their friends/family contact you on their behalf. Yes ___ No ___
- Stop all contact with the person. Yes ___ No ___
- Document any stalking, phoning, media messages, etc. and document all of this (important if charges laid) Yes ___ No ___
- Teach others not to give out your personal information as they may tell your abuser. Know who to trust. Yes ___ No ___
- If you have children with your partner, get legal advice to help you make decisions about your children. Yes ___ No ___

I have done the following things:

- I have a new unlisted cell phone number and have changed my social media/e-mail status by using my new e-mail account and have Bluetooth and location app off. I will keep the old e-mail address to provide evidence if abuser uses it to contact me. Do not reply. Yes ___ No ___
- I have identified who I can tell about my situation and how they can help me (code words) Yes ___ No ___
- I will rehearse escape plan with my children. Yes ___ No ___ N/A ___
- I have opened a separate bank account. Yes ___ No ___
- I will identify places in new neighborhood that are open 24 hours 7 days a week. Yes ___ No ___
- I will inform my employer/school/neighbor of my situation. Yes ___ No ___
- I will get a police escort if I fear violence and need to return to my home for belongings. Yes ___ No ___



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- Register any EPO, Restraining Order, Custody order, etc., with the local Police where you have relocated. (this will help response time to a crisis call) Yes___ No___
- Are you comfortable calling the police if you are in danger or need medical care?
- Who can you trust to tell that you are leaving?
- Is the abuser tracking you, monitoring your communications, and/or recording your private conversations? If the abuser is aware of any plans to leave, they may retaliate.
- What community and legal resources will help you feel safer? Memorize their addresses and phone numbers.
- What custody and visitation provisions will keep you and your children safe?
- Is a restraining order a viable option?
- If possible, open a savings account in your own name. Give the bank a safe address that you know the abuser does not have access to, like a post office box or your work address.
- Leave money, an extra set of keys, and copies of your important papers with someone you trust. You may need to leave home fast, and you'll need these things later.

Staying or Living with the Abuser:

If you are staying with the abuser:

I will pay attention to changes in mood and behaviour such as:

1. _____
2. _____

I will avoid the bathroom, kitchen, and garage where there are many potential weapons and will try to be in a room with a window/door where I could potentially escape such as:

If you need to flee temporarily, where would you go? Think through several places where you can go in a crisis. Memorize the addresses and phone numbers, if possible.

1. _____
2. _____
3. _____

If you need to flee your home, know the escape routes in advance. Memorize the addresses and phone numbers, if possible.



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I will teach my children to leave the room where the abuse is taking place and hide. I will teach them to take a phone with them so they can call the following: (911, neighbor, relative, friends, etc.) (List all that apply).

1. _____
2. _____
3. _____
4. _____

I will make teach my children to stay in their hiding spot until I come to get them. I have made a code word with my children/roommate/friend/relative/support worker that indicates I need immediate assistance. True ___ False ___

- If the abuser is monitoring your communications, such as listening to your calls or reading your messages. It is highly likely that the abuser has access to all of your modes of communication, such as text, social media, and WhatsApp. If you are able to have a conversation you know is private with a person you trust, develop a code.
- For example, in future communications, "banana bread" could mean "please call the first person on my safety plan list to come pick me up."

How will you travel safely to and from work or school or to pick up the children?

1. _____
2. _____
3. _____

I will review my Safety Plan whenever my circumstances change and review it with my supports every month or as required. True ___ False ___