

Once I am safe....

If I feel low, or begin to think maybe I should go back to my abuser I can

- ◆ Phone Harbour on 03000 20 25 25
- ◆ Contact one of the organisations listed on the leaflet
- ◆ Talk to someone who knows what I went through
- ◆ Be proud of how far I have come

Additional Support

If my abuser won't leave me alone and continues to pester, threaten, or assault me I will

- ◆ Call the police/police liaison officer
- ◆ Get legal advice and get a restraining order to prevent this sort of harassment
- ◆ Tell people what is happening
- ◆ Maintain a record of the threats and abuse
- ◆ Ask for help from someone I trust



Useful Contact Details

Harbour	03000 20 25 25
Police (Emergency)	999
Police (Non-emergency)	101

National Domestic Abuse Helpline	0844 8044 999
Broken Rainbow	08452 604 460
Men's Advice Line	0808 801 0327
Child Line	0800 1111
Victim Support	0845 30 30 90
Forced Marriage Unit	080 7008 0151
Honour Network Helpline	0800 5999 247

Worker's Name

Worker's Number

Office Number

Additional Numbers

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

In an emergency, always dial 999

Domestic abuse safety plan

A personal safety plan is a way of helping to protect yourself and your children.

It helps you think about how you can increase your safety either within the relationship or if you decide to leave.

Talk through this leaflet with someone you can trust. Fill it out and keep it in a safe place where no one can find it.

Review and update your safety plan regularly.

**Our priority is that
whatever you decide,
you are as safe as you can be**


harbour
working for safer communities

Tel : 03000 20 25 25
Text : 'Harbour' and your message to 60777
Email : info@myharbour.org.uk

Staying in the relationship

- ◆ I will have important telephone numbers accessible for myself and my children
- ◆ I can tell _____ and _____ about the possibility of violence and ask them to phone the police if they hear noise of a violent attack coming from my home
- ◆ If I suspect an attack or an argument is coming I will try to move to a lower risk room, avoiding the kitchen, bathroom, garage or other rooms without outside access.
- ◆ If I am afraid for my safety or the safety of my children and need to leave home quickly, I can go to _____ or the refuge.
- ◆ I will trust my instincts and judgement about the situation

Feeling more safe and independent

To feel more safe and independent, I can try to :

- ◆ Keep my mobile charged
- ◆ Open my own savings account
- ◆ Rehearse an escape plan with my children so they can get out quickly and safely
- ◆ Have a bag packed for me and the children and keep it at a friend's house
- ◆ Look into securing my house with new alarms, lights, windows/locks or the Sanctuary Scheme
- ◆ Register my address as a location of interest with the police
- ◆ Create a code with my friends and family I can use while talking to them if I need help
- ◆ Keep personal information away from social networking sites, e.g. Facebook
- ◆ Consider restoring my mobile phone to factory settings

Record Keeping

If it is safe to do, I will keep a record of my injuries and abuse which can be useful at a later date, including images and text messages.

Deciding to leave the relationship

- ◆ If I decide to leave home, I will look at the checklist on this leaflet.
- ◆ If I stay at home, I will inform _____ and _____ that my partner no longer lives here with me and to call the police if they are seen near the house or the children.
- ◆ If my ex does not have permission to see the children, I will tell child minders and school, that only _____ has permission to pick them up.
- ◆ I can tell _____ at work about the situation and ask _____ to screen my calls.
- ◆ I can get an legal order from the court and keep a copy somewhere safe.
- ◆ I can avoid shops, banks and _____ that I used to go to together.
- ◆ I will try to alter my routine as much as possible.
- ◆ I can contact a solicitor to protect me and my children and sort out contact, residence and separation issues

You are not responsible for your partner's violence and abuse - only they are and only they can stop it

Children

- ◆ I will talk with, and support my children
- ◆ I will teach my children how to dial 999 and a code I will use if I need them to call
- ◆ I will teach them to never get involved in the middle of a fight
- ◆ If I leave home, I will bring with me one of my child's favourite toy

Moving to a new home

If I move I will

- ◆ keep my address and telephone confidential
- ◆ sign up to be ex-directory and not to be on the polling lists.
- ◆ Look into securing my house with new alarms, lights, windows/locks and or the Sanctuary scheme
- ◆ Rehearse and escape plan with my children so they can get out quickly and safely
- ◆ Register my address as a location of interest with the police

If you decide to leave and have time to collect your belongings, things to remember are

- Birth Certificates
- Passports
- National Insurance details
- Medication and health records
- Money/bank cards/credit cards
- Benefit statements
- Tenancy agreements/ mortgage statements
- Keys—home, car, work etc
- Mobile phone
- Personal items—jewellery, photos, children's equipment and toys