

MY SAFETY PLAN

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MY SAFETY PLAN

1. Safety Summary

<p>What is safety to me?</p> <hr/>	<p>When do I feel safest in my relationship(s)?</p> <hr/>
<p>When do I feel the least safe in my relationship(s)?</p> <hr/>	<p>What safety strategies do I already have in place?</p> <hr/>
<p>Overall, how well do my safety strategies work?</p> <hr/> <p>☆☆☆☆</p> <p>Needs Work Excellent!</p>	<p>Emergency contacts</p> <hr/>

MY SAFETY PLAN

2. Asset Mapping

Identifying Documents

- Drivers Licence
- Passport
- Birth Certificate
- Medicare Card
- Centrelink Card
- Immigration Documents
- Private Health Card

Financial Documents

- Cash
- Credit/debit cards (secured)
- Bank account details
- Loans documentation
- Transport card (topped up)
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-

Personal Belongings

- Mobile phone & charger
- House keys (spare)
- Car keys (spare)
- Medication & prescriptions
- Pets (where possible)
- Laptop/iPad
- Clothes (enough for 5 days)
-

Legal Documents

- Rental documents/title papers
- AVO's/ DVO's/ IVO
- Family court orders/child protection orders
- Marriage and/or divorce papers
- Work permits (if applicable)
- Insurance papers

Environmental Assessts

- Familiar/known neighbourhood
- Friends/family house
- Support service nearby
- Close to "safe zones" (somewhere you feel safe (e.g., a spot in nature)
- School/workplace
- Refuge's (Call 1800 656 463)

MY SAFETY PLAN

3. Safe Places & Dependants

Safety at home

- Is your housing situation stable?
- Is your name on the lease or mortgage of where you live?
- Do you have reliable internet and phone access in any/all parts of your home space?
- Is your home easy to exit at any time (e.g., unlocked windows and doors, clear exits, etc.)?
- Do you have a safe space in your home such as a room you can lock? (Note: For some people, being able to lock their bedroom or bathroom door will make them feel safer, while for others this would make them feel less safe. You are the best judge of what is safe.)
- Do you know the routines of your household members and dependants?
- Are you able to leave safely (eg in a car or public transport?)
- Can you become more familiar with your local area? Including safe spaces, local organisations and or reporting options?
- Do you have a safe place to go if your residence has been compromised?

Support Services

Supports

- Domestic Violence Line Free phone call 24/7: [1800 656 463](tel:1800656463)
 - Translating and Interpreting Service 24/7: [13 14 50](tel:131450)
- NSW Mental Health Access Line: [1800 011 511](tel:1800011511)
- 1800RESPECT: [1800 737 732](tel:1800737732)
- Rainbow Sexual, Domestic & Family Violence Service Help Line
 - 24/7: [1800 385 578](tel:1800385578)
- 13YARN (Aboriginal and Torres Strait Islander line) 24/7 -
 - [13 92 76](tel:139276)
- QLife (3pm to midnight): [1800 184 527](tel:1800184527)
- Lifeline 24/7: [13 11 14](tel:131114)
- Beyond Blue 24/7: [1300 224 636](tel:1300224636)
- Victim Services, Mon – Fri, 9am to 5pm
 - [1800 633 063](tel:1800633063)
- Alcohol and Drug Information Service 24/7:
 - [1800 250 015](tel:1800250015)
- Mensline 24/7: [1300 789 978](tel:1300789978)

My Safety Plan

6. Summary

<p>What to do in an emergency situation</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p>Emergency Contact</p> <p>_____</p>
<p>What new opportunities are there?</p> <p>_____</p>	<p>What do I want to do next?</p> <p>_____</p>
<p>Safety in the home</p> <p>_____</p>	<p>Safety in the community</p> <p>_____</p>

MY SAFETY PLAN

3. Safe Places & Dependants

Safety at work/school

- Does your work/school have policies about sexual, domestic, family violence (SDFV) you can access? (By law you are entitled to 10 days paid leave if you are experiencing SDFV)
- Is your workplace LGBTQ+ friendly/safe, are there any policies or general workplace understanding around LGBTQ+ communities?
- Do you feel they are likely to understand your relationship and your experience of SDFV? If not, do you trust them to try?
- How well do you think the people at your work/school understand SDFV? Are there particular people/roles within your work/school who you feel would be most likely to have more knowledge?
- Do you have any current friends or allies within your school/work to support you through the process of disclosure and seeking support?
- Is an unsafe person able to access you at your work/school? Can that be prevented?
- Is your travel to/from work/school safe?
- Are you able to take time off work/school (look into SDFV leave at work and seek councillor at school to see what is offered).

MY SAFETY PLAN

3. Safe Places & Dependents

If You Are a Caregiver

- Do you have a copy of their important documents in a safe place (e.g., birth certificates, medical prescriptions)?
- Do they know the emergency numbers/plan?
- Have they had any recent significant or sudden changes in their behaviour?
- Does your dependent have a safe place they can stay if they need to be away from the home?
- Does your dependent have safe people in their life outside of the family?
- Does your dependent have safe and enjoyable things they regularly go and do away from the home (e.g., sports groups, music lessons)?

Animals

- Are they up to date with vaccinations/ desexed?
- Have you thought about how your animal will react to a new environment? (like a shelter, or a friend's place etc).
- Identify who is the legal owner of the pets and animals. Check you have a copy of their registration and or whether their veterinary records and microchip are in your name.
- Consider what arrangements you could make in advance to keep them safe. (friends/family, in the car in an emergency situation, kennels- ask for payment plans).

My Safety Plan

5. Review

What has changed since the last time I reviewed my plan?

What new barriers are there?

What new opportunities are there?

What do I want to do next?

Are there any new risks?

What are my actions over the next day, week and/or month?

My Safety Plan

4. Before, During & After

After an incident

Taking care of yourself after you have experienced harm is important. You deserve good care and support that recognises the amount of work you are doing to survive abuse and protect yourself. You are probably already engaging in aftercare practices for yourself and any dependants. Is there anything additional you want to do now, or in the future, to build on your aftercare? Can you:

- Consciously engage your existing self care strategies and practices.
- Keep a record of the incident (including documenting any visible injuries and keeping any related communication, such as text messages or emails).
- Access medical treatment, should you or your dependants need it – ideally with an ally or support person.
- Reach out to your allies and supports.
- Update the information in this safety tool as appropriate.
- Call professional support, such as a domestic violence helpline (1800 RESPECT), therapist or social worker.
- You are NOT alone please reach out to a supportive person or a stranger (via support services).
- Remember IT 'S NEVER YOUR FAULT FOR SOMEONE CHOOSING TO USE VIOLENCE.

MY SAFETY PLAN

3. Safe Places & Dependants

Technology: Mobile

- Keep your location-sharing settings turned off.
- Consider setting your outgoing calls to 'private number'.
- Open all of the apps and badges on your phone to check they are what they say they are. If you find something suspicious, use anti-virus and anti-spyware software on your phone.
- Try not to store important information on your phone device only.
- Take screenshots of messages, call logs or photographs and send them to your personal email or save to 'Empower you' app developed by the government to store data related to abuse.

Technology: Computer

- Change the pin numbers and passwords for all of your accounts (including access to your phone, banking, email, social media platforms, MyGov, buy now-pay later accounts such as Zippay/ Afterpay).
- Check the security settings on all of your accounts. Make sure there are no linked accounts or devices.
- Place two-factor authentication on accounts to protect your privacy and ensure you receive notifications of any account access attempts.
- Consider creating a new email address and/or social media accounts if you suspect someone has been accessing them. Keep a record of these occasions, including dates and details.

MY SAFETY PLAN

4. Before, During & After

Before an incident

Managing harm is something that people who experience SDFV do all the time. The questions in this section are designed to help you reflect on and document how you manage an incident of harm before, during and after it has occurred. This is a resource to support you and any allies, support people or professionals. SDFV is never the fault or responsibility of the victim, and it's important to bear that in mind as you go through the questions below.

- Consciously engage your existing strategies
- Plan around upcoming stressors - Note any relevant health and wellbeing issues, any significant dates (like a traumatic anniversary) or other big events.
- Plan your escape route - Make sure your escape route is clear and accessible should you need it. Make sure any children or dependants know it as well.
- Practice your code words - This could be a code word you use with supports to signal they should enlist emergency services, or with children or other dependants to signal them to hide in an agreed place or remove themselves from the area by a pre-planned route.
- Contact your allies and supports - You might let people know you are beginning to feel unsafe. You might ask them to check in on you after an agreed period of time, or engage first responders (such as emergency services) in response to a code word.

MY SAFETY PLAN

4. Before, During & After

During an incident

You will already be consciously or unconsciously engaging in strategies to keep yourself safe during incidents of harm. This is to get your thinking about what to do in an emergency situation. Hopefully one or two points can be remembered. But again, a reminder this is not your fault this is to mentally prepare for an emergency much like a fire drill or safety test.

- Find a safe room if in the home preferably with a secure lock and door/window) if not items easily moved to barricade the door.
- Consciously engage your safety plan if possible.
- Remove long jewellery or scarves or neckties that could be used to choke or restrain you.
- Position your body to protect your vulnerable head/neck and torso, or other vulnerable areas like existing injuries or chronic pain.
- Avoid being cornered.
- Use your code words (if appropriate) or enact safety plan with emergency contact/s.
- Engage first responders (e.g., ambulance or police) or seek assistance (neighbours, public or friends/family).