



Safety Plan Checklist

If you are in a domestic violence situation and are aware that you may need to exit your home, put a safety plan in place for you and your children that includes these essentials.

- Ensure that all windows and doors are locked** when you leave your home, and at night when you are asleep so that all family members are safe
- Set a code word emoji with a friend to call 000**
- Access to a vehicle or transportation at anytime.** Keep your car keys on you at all times or install travel apps such as uber / didi on your phone and logged in so that you can use it immediately if needed
- Important documents -** passports, medicare card, birth certificates, marriage certificate, AVO or court documentation. If it is unsafe to take these documents go and take photos or photocopies of them

- Have a bag packed.** This should include your clothes, sleepwear and toiletries including sanitary products. Kids clothes and sleepwear plus a spare teddy if they need a comforter plus nappies, wipes and bottles if you have a baby
- Hide your bag and documents somewhere safe,** somewhere secure that only you know about but also easily accessible. If you have a car there may be a compartment in the boot where the spare tyre is that can be used to store the bag, or at the back of a child's wardrobe or in a box in the garage labeled Christmas decorations.
- Set up a PO Box and start redirecting your personal mail.** This will give you access to your mail regardless of your living location
- Organise emergency accommodation.** In case you need to vacate your home, discuss with a friend or family member about the possibility of staying with them. Alternatively, contact a local charity to discuss crisis accommodation. You do not have to access crisis accommodation immediately, but setting up your details in their system will speed up the process if you need to exit your home immediately and require access to crisis accommodation
- Get the locks changed and install security cameras** but only if it is safe to do so and is necessary
- Turn your location tracking off on your personal devices** to ensure your location cannot be tracked