

Safety Planning

Safety whilst living with violence.

- If possible try to get to a room or area that you can exit from, avoid the kitchen as this has many potential weapons, avoid the stairs as it is easy to fall or be pushed on stairs.
- Don't run to where your children are as your partner may harm them as well.
- Practice ways you and your children can leave your home safely and in the dark.

Discuss with your children what they need to do during an incident:

- Not to intervene
 - To get out and get help
 - Teach them how to call the police and a safe family member / friend.
- Pack a bag and leave it with a safe trusted friend/family member or neighbour include in it:
 - Identification for you and the children; passports, birth certificates, national insurance card/number
 - Health records & NHS cards
 - Medication - your doctor will prescribe extra essential medication if you explain the circumstances to them - they have to maintain your confidentiality.
 - Spare keys for the house and car if possible.
 - Copies of any orders you have in place.
 - Some money and bank account details.
 - A copy of the tenancy agreement if you have one.
 - Jewellery
 - Address book.
 - A set of clothes for you and the children.
 - Leave any sentimental items photo's etc with a trusted friend or family member - but do not remove anything that he will notice or question.
 - Keep your mobile phone charged and with you at all times even if you have no credit on it, 999 calls are free.
 - If possible identify a neighbour you can tell about the violence and who will call the police if they hear a disturbance.
 - Make sure your children's school/nursery know who is authorised to pick them up.

- If you work make sure someone at work knows your situation.
- Keep a record of incidents, including: time, date, what happened, witnesses, photos if any injuries and the names and collar numbers of any police officers if applicable. Keep this record with a trusted friend or family member.
- Learn defensive tactics. Learn how to position your body to reduce damage - dive into a corner, curl into a ball, protect your face with your arms each side of your head fingers intertwined.
- Do whatever you need to, to buy time/space, to diffuse the situation and protect yourself and your children.

Safety whilst living apart.

- Change door locks if possible - the local Sanctuary scheme can help you with this.
- Install additional security if possible; window locks, door chain, additional locks, burglar alarm system, security lighting - the local Sanctuary scheme can help you with this.
- Install smoke detectors - the local Fire and Rescue department can help you with this.
- Keep your mobile phone charged, switched on and accessible, remember you do not need any credit to ring 999.
- Consider changing your mobile or sim card. If you need a number so that you can be contacted by your ex either as an emergency contact during child contact, keep a phone that you only switch during contact, this limits how often they can text or phone you.
- Keep your keys/purse in an accessible place.
- Have an escape plan.
- Keep a copy of any orders you have readily available, try and have several copies have one at home and one you carry with you.
- If feasible inform your neighbours of the situation and ask them to call the police if they see the perpetrator within the exclusion zone or if they hear a disturbance from your property.

- Inform your child/ren school/nursery of who can and can't collect your child/ren if the perpetrator has parental responsibility show the school/nursery any relevant orders.
- Be aware of what information you put on facebook or other social networking sites, don't post any information that could give away where you are, and try to monitor what your child/ren post. Make sure your privacy settings are high and restrict access to your wall. For more information see our website www.lincolnwomensaid.org.uk.

Safety whilst out and about in public.

- Carry a charged mobile with you at all times to call 999 if necessary.
- Carry copies of any orders with you.
- Vary your route if possible.
- Vary times that you travel possible.
- When travelling in a car keep the doors locked.
- Always try and park in a well lit area.
- Stick to well populated areas.
- Avoid allies and short cuts.
- Be vigilant, if you feel threatened or at risk surround yourself with people, enter a crowded shop, pub or bank, find a security guard or stand in front of a CCTV camera and call the police if necessary.
- If possible avoid being in public on your own, go out with friends or family members.