

Safety Plan

Create an Emergency Plan

- Create a list of important phone numbers (police, shelter) for yourself and your children
- Tell people you trust about the abuse – Create a list of safe places you can go (friend, family, shelter)
- Tell your neighbours you would like them to call police if they hear fighting or screaming/possibly children will go there
- Hide extra clothing, house keys, car keys, money, toys, and copies of identification at a friend's or family member's home
- Keep all of your identification in your wallet or other safe place
- Open your own bank account (at a bank different from your partner) and arrange that calls and bank statements go to a friend's or family member's address
- Save and set aside as much money as you can (grocery budget)
- Have \$10 to \$15 dollars available for cab fare or an emergency
- Be aware of any weapons in the home including kitchen knives
- Teach your children their own safety plan (a safe place to go, how to use the phone to call for help, emergency exits)
- Create a code word with your children and family so they know when to call for help

Important Documents - to take with you when you leave

- Identification
- Status Cards
- Birth certificates for you and your children
- Health cards for you and your children
- Passport, social insurance card, citizenship papers
- Driver's license and vehicle registration
- Money, bank books, bank cards, credit cards
- Keys – house, car, office, safety deposit box, mail box
- Mortgage information, house deed, lease/rental agreement
- Custody orders
- School and medical records

Important Numbers

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Naadmaagewin
Aboriginal Domestic Violence Committee

THUNDER BAY

