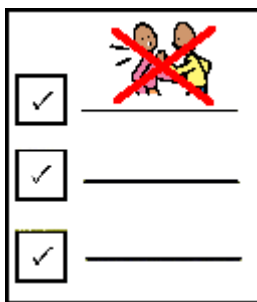


Are you a victim of family violence?

You need a safety plan.

You and your family have a right to feel safe.



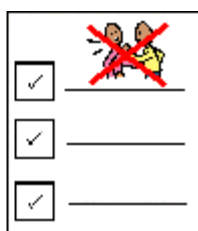
Make a safety plan if

- a person who uses family violence is hurting you
- you plan to leave a person who uses family violence
- you have left a person who uses family violence.



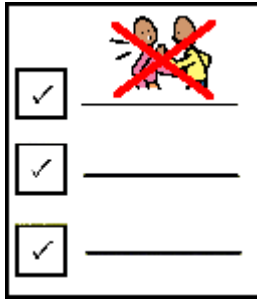
People to put in your safety plan

- children
- other family



Make sure your safety plan is up to date.

Check your plan every month.



Planning your safety plan

A safety plan needs:



1. Emergency phone numbers

- Police ☎ 911

- 24 / 7 Women's Domestic Violence Crisis Service

☎ 1-800-799-SAFE (7233) or

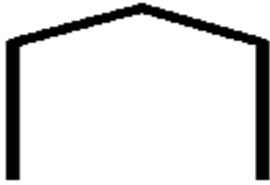
1-800-787-3224 (TTY)



2. A person you trust

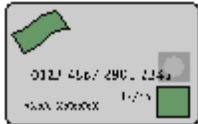
A friend, a neighbour or a family member.

- Save the person's phone number in your mobile phone
- Choose a **code word** to use when you need to ask for help



3. Know a safe place you can go

- Know how you will get there in an emergency



4. Money

- Have some cash and your bank cards
- Know your bank details



5. Medicine

- Put medication and prescriptions in a box or bag

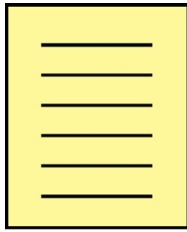


6. Cell phone

- Try to get a new cell phone or sim card
- Set your phone and your children's phones to
 - **block my number.** People you call do **not** see your number
 - use **caller ID.** Your phone shows who calls you
- Have a phone charger ready
- Have a phone card ready



7. Documents



You need to have ready

- Social Security card
- Insurance card
- Protection Orders or Family Court Orders
- Drivers licence
- Birth certificate
- Citizenship certificate
- Passport and travel documents
- Marriage certificate
- Rental agreement
- Tax File Number
- other legal documents



Make copies of your documents and keep your documents together in a plastic folder.

8. Clothes

Pack some clothes for you and your children

9. Keys





Have a spare set of keys for your

- house
- car

10. Children



If you have children, have

- their favourite toy and book
- bottles and pacifiers

11. Put everything into a bag and give it to the person you trust.

Consider what might stop you from implementing your safety plan?



Made by the Southern Metropolitan Region Integrated Family Violence Executive.

Easy English made by the Communication Resource Centre, Scope.

www.scopevic.org.au. December 2011. Mayer Johnson says we can use their Picture Communication Symbols.

This is an initiative of the Outer South Peninsula Integrated Family Violence Partnership, Melbourne Australia.