



**SUPPORT
HELP
EMPOWERMENT**
PO Box 300
North Hobart 7002
T (03) 6278 9090
F (03) 6278 8292
E admin@she.org.au
www.she.org.au

Safety & Escape Plan

Emergency Actions

I have organised:	Tick
Escape kit packed and stored safely with someone (trusted family or friend) or hidden	<input type="checkbox"/>
Code word for children, family, friends. Code word is:	<input type="checkbox"/>
Know which is the best way to leave the house - eg which door or window and tell children	<input type="checkbox"/>
Talked to neighbours about calling police if they hear something suspicious	<input type="checkbox"/>
If I have to leave home I will go..... and if I cannot go to that location then I will go or	<input type="checkbox"/>
Kept any evidence of abusive contacts, such as texts, voice messages, call records and emails. Taken photos and/or screen shots.	<input type="checkbox"/>

Escape Kit

I have prepared :	Tick
Money - cash and cards	<input type="checkbox"/>
Mobile phone (second phone)	<input type="checkbox"/>
Clothing	<input type="checkbox"/>
Toiletries	<input type="checkbox"/>
Medications and prescriptions (see below)	<input type="checkbox"/>
Photographs - ex-partner, ex-partner's car, children, house	<input type="checkbox"/>
Spare keys to your house and car	<input type="checkbox"/>
Anything precious eg jewellery, child's favourite toy	<input type="checkbox"/>
Assistive devices, eg glasses	<input type="checkbox"/>

Medications:

.....
.....
.....



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Documentation

I have a copy (and made a backup photo or photocopy) of:	Tick
Court documents	<input type="checkbox"/>
Identification papers - self	<input type="checkbox"/>
Identification papers - children	<input type="checkbox"/>
Insurance/registration papers	<input type="checkbox"/>
Housing property or rental papers	<input type="checkbox"/>
Bank account details BSB: ACC: Credit card No: Exp: (Take photos of any bank issued cards – front and back)	<input type="checkbox"/>
Medical records Medicare No: Exp:	<input type="checkbox"/>
Centrelink information Centrelink No:	<input type="checkbox"/>

Safety with your children

I have increased the safety of my children	Tick
Created a code word for needing to get to safety. Code word is:	<input type="checkbox"/>
Made sure children know their address and who they should/should not share it with	<input type="checkbox"/>
Have a safe place for the children to run to in the event of a violent incident. Eg neighbour, hiding place, family	<input type="checkbox"/>
Contacted children's school principal regarding permissions for collecting children and details of any protection orders	<input type="checkbox"/>
Contacted Child Safety Services on 1300 737 639 to make a notification	<input type="checkbox"/>
Taught your children to call 000	<input type="checkbox"/>

Safety in your work place

I have increased my safety at work	Tick
Told supervisor what is happening and details of any protection orders and keep a copy of order at work	<input type="checkbox"/>
Have a colleague walk to my car with me	<input type="checkbox"/>
Have my phone calls screened	<input type="checkbox"/>
Have your work address added to any family violence orders	<input type="checkbox"/>
Use a different route to drive to work	<input type="checkbox"/>
If using public transport, leave at different times and take different routes	<input type="checkbox"/>



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Safety in your house

I have increased my safety at home	Tick
Changed locks on doors and windows	<input type="checkbox"/>
Replaced less secure doors with stronger doors	<input type="checkbox"/>
Installed a security system	<input type="checkbox"/>
Taught children how to use the telephone	<input type="checkbox"/>
Installed smoke detectors and fire alarms	<input type="checkbox"/>
Installed outside sensor lights	<input type="checkbox"/>
Let neighbours know the situation and to call police if they see ex-partner at residence	<input type="checkbox"/>
Organised a PO Box or use alternative address for mail	<input type="checkbox"/>
Prepared a rope ladder if there is two stories	<input type="checkbox"/>

Safety with technology

I have increased safety with technology	Tick
Use a "safe" computer such as at a library to access confidential information especially if living with abuser	<input type="checkbox"/>
Changed any passwords, pins or logins for social media on a safe computer	<input type="checkbox"/>
Use a fake name for any new email/Facebook/messaging accounts and consider deleting Facebook	<input type="checkbox"/>
Turned off location settings on your mobile phone, checked any apps you don't recognise	<input type="checkbox"/>
Had computers checked by experts for spyware	<input type="checkbox"/>
Use a post box	<input type="checkbox"/>
Requested government departments restrict access to your information	<input type="checkbox"/>
Changed phone number and set phone to private. If must communicate with abuser about children, use a different SIM card or 2nd phone	<input type="checkbox"/>

Safety for your pets

I have increased safety for my pets	Tick
Prearranged a safe place for pets to stay, such as friend or family member in the event of a family violence incident	<input type="checkbox"/>
Contact the RSPCA Safe Beds for Pets on (03) 6244 3033 for emergency care for pets	<input type="checkbox"/>



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Important telephone numbers

Police	
Lawyer	
Doctor	
Domestic Violence Service	
Women's refuge	
Work	
School	
Case worker/counsellor	
Child Safety Services	
Support Person	
Other	

Details of abuser for police

Full name	
Height	
Weight	
Hair colour	
Facial hair	
Tattoos/scars	
Type of car/Rego number	