

**TRAFFORD DOMESTIC ABUSE SERVICES REDUCING THE RISK  
A Personalised Safety Plan**

This safety plan is a tool to **assist in identifying options** and **evaluating** them, and can **limit the harm** brought both to you and/or your children.

In order to get the most from your safety plan, **it is important that it is personalised** to you and your circumstances. This book is split into separate sections, and has space for you to write in your own responses:

* Safety **during** an abusive incident
* Safety when **preparing to leave**
* Safety **after leaving**
* Safety **in my own home**
* Safety with a **protective order**
* Safety **drug or alcohol** use
* Safety and **emotional health**
* Safety and **technology**

**What if I want to stay with my partner:**

The most important thing to remember is that you won’t be able to stop your partner’s

abuse – only he/she can do that. However, there are some things you can do to increase

your own and your children’s safety while staying in the relationship.

**What if I want to leave/end the relationship:**

It’s good to pan ahead for your safety. Leaving can be a very stressful time – both

emotionally and practically you’ll have a lot to deal with. Sometimes when abusers find out

partners are planning to leave, the abuse can get worse.

**Our priority is that, whatever you decide, you are as safe as you can be.**

**Safety During an Abusive Incident**

In order to increase your safety you may use a variety of strategies.

You can use some or all of the following strategies, write in your responses:

1. If I **decide to leave** I will ………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

**THINK ABOUT** What doors, windows, stairwells or fire escape would you use? **Practice** how to get out safely.

1. I can **keep my purse and car keys together**, in a known place in order to leave quickly (this will be)

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

1. **I can tell**

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**about the abuse** and request they call the police if they hear suspicious noises coming from my house.

1. I can **teach my children how** to contact the emergency services – police, fire, ambulance.
2. **I will use**

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

**as my code** for my children/friends **so they can call for help**

1. If I have to **leave my home**, I will go to

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

**If I cannot go** **to the location** above, then I can go to

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

1. I can also **teach my children** where to go in an emergency.
2. When **I expect to have an argument**, I will try to **move to a space that is safe** such as

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

**Safety When Preparing To Leave**

I can use some or all of the following safety steps:

1. I will **leave money** and **an extra set of keys** with …………………………….. so I can **leave quickly**
2. I will keep **copies of important papers** and documents or an **extra set of keys** at ………………………………………………………………………………………………………………………………………
3. I will **open a savings account** to increase my independence.
4. The **Domestic Violence Helpline** number is **0808 2000 247** (Freephone). I can seek **safe accommodation** by calling this number.
5. I can keep a **mobile phone charged** and with credit on me at all times. To keep my telephone calls confidential I can **delete my call log** or **ask to use a friend’s phone**.
6. I can **leave extra clothes** and **belongings** with ……………………………………………………………………
7. I will **sit down and review my safety plan** every ………………………………… in order to plan the safest way to leave.
8. I will **involve my children** in this safety plan by ……………………………………………………………………

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**Safety in My Own Home**

It may be impossible to do everything at once, but safety measures can be added step by step.

1. I can **discuss changing the locks** on my doors and windows as soon as possible **by** **contacting my landlord** on ……………………………………………………………………………………….
2. I can have **Target Hardening** on my property by **contacting my landlord or requesting a SAFE referral** from ……………………………………………………………………………………………………..
3. I can discuss having **smoke detectors** fitted by contacting my local fire service on ……………………………………………………………………………………………………………………………………
4. I will **teach my children** how to use the phone to make emergency calls to ……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………
5. I will **tell the important people** in mine and my child’s life about my safety plan.
6. I will **inform the school/nursery/child-minder regarding who is permitted to collect my child/children** from school/nursery/child-minder.
7. I can inform ……………………………………………………………………………………………………………………..

………………………………………………………………………………………………………………………………………… that **my partner is no longer residing with me** and they should **call the police if he is observed near to where I live**.

**Safety with an Injunction**

I understand that I may need to ask the police and the court to respond to a breach of my order.

The following are steps that I can take to enforce my injunction/harassment warning.

1. I will **keep my court order** (location) …………………………………………………………………………….. **Always keep it on or near your person**.
2. I will **give my court order to police** in the communities where I usually visit friends, family and in the community where I live.
3. I will **inform my employer, my closest friend, my relatives** and ………………………………………….

…………………………………….. **that I have an injunction**.

1. If my partner breaches the court order; I can **call the police and report a crime**, call my support worker, and/or advise the court of the breach.
2. **If** the police do not respond, I can **contact my support worker or my solicitor to discuss**

Support Worker: ………………………………………………………………………..

Solicitor: …………………………………………………………………………………….

**Safety on the Job and in Public**

I can do any or all of the following:

1. I can **inform my employer** of my situation.
2. I can ask ………………………………………. to **screen my telephone calls** at work.
3. **When leaving work**, I can ………………………………………………………………………………………………………

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

1. **When driving home** if problems occur, I can………………………………………………………………………….

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1. **If I use public transport** I can …………………………………………………………………………………………………

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1. I will consider **making changes to my usual routine**.
2. I can also ……………………………………………………………………………………………………………………………….

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**Safety Drug or Alcohol Use**

If drug or alcohol use has occurred in my relationship, I can increase my safety by:

1. If I am going to use, I can do so in a **safe place** and **with people who understand the risk of violence** and are committed to my safety.
2. I can also …………………………………………………………………………………………………………………………….

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

1. **If my partner is using**, I can …………………………………………………………………………………………………….

……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….

1. **To safeguard my children**, I could …………………………………………………………………………………………

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**Safety and My Emotional Health**

**To avoid emotional times**, I can do some of the following:

1. **If I feel down** and **want to return** to a potentially abusive situation, I can

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1. **When I have to communicate with my partner**, either in person or by telephone, I can ……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….
2. I can try to use **‘I can’ statements** with myself and to be assertive with others.
3. I can tell myself – ‘’…………………………………………………………………………………………………………………

…………………..’’ whenever I feel others are trying to control or abuse me.

1. **I can read** ………………………………………………………………… to make me feel stronger.
2. **I can call** …………………………………………………………………, and …………………………………………………… to support me.
3. I can **attend support groups with TDAS** to gain support and strengthen my support networks. These support groups run on ………………………………………………………………………………………………………………………………………………

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Items to Take When Leaving.

When I leave, I should have:

* Identification
  + (preferably photo ID E.G. passport, driving licence)
* Birth certificate
* Children’s birth certificate
* Passports
* Vaccination/medical records
* Proof of benefits
* Money and/or bank details
* Cash cards
* Keys (House, office, car)
* Drivers licence and registration
* Mortgage/rent details
* Medication
* Child’s favourite toy
* Sentimental items
* Clothes
* Toiletries

Telephone numbers I may need:

* Trafford Domestic Abuse: 0161 872 7368
* 24 hours National Violence Helpline 0808 2000 247
* Independent Choices 0161 636 7525
* ManKind Initiative 0808 800 1170
* Trafford Rape Crisis 0800 783 4608
* Saheli Asian Womens Project 0161 945 4187
* Galop (support for LGBTQ+) 0800 999 5428
* Counselling & Family Centre 0161 941 7754
* Forced Marriage Unit 0207 008 0151
* My Social Worker: ………………………………………………………
* My GP: ……………………………………………………………………….
* The School/Nursery: ……………………………………………………
* ……………………………………………………………………………………
* ……………………………………………………………………………………
* ……………………………………………………………………………………
* ……………………………………………………………………………………

I will keep this document in a safe place and review on ………………………………………………………………………