

Safety Planning – During a Violent Incident

Signs of danger

What damage have you seen? (examples: broken doors, locks, windows, holes in wall, property damage)

Are there guns in the home? _____

Has there been an increase in drug or alcohol use? _____

I have noticed these triggers before: _____

Safety Within the Home

I will avoid these rooms (i.e. rooms with knives, guns): _____

Rooms with windows or more than one exit: _____

A room where I can use the phone: _____

I can tell _____ (neighbours) about the abuse and ask them to call the police if they hear sounds of a violent attack coming from my house.

Things I can do that have kept me safe in the home before: _____

Children (if applicable)

I have told my child/ren to get out of the room/leave the house/run to _____ for help in an emergency.

They can hide in this room if they are not able to leave the home: _____

They know to not intervene during a violent incident: _____

Our code word to leave the house is: _____

Safety Within the Community

I will keep my purse and car keys _____ in order to leave quickly.

The quickest/safest route out of my home is: _____

Friend or neighbour I can stay with when there is violence: _____

Safe place where I can use a phone in the community: _____

Safe place, shelter, transition home where I can stay: _____



I can pack an emergency bag and leave it at _____ so I can leave quickly.

Contacts

Safe person: _____

Safe place or space: _____

Shelter: _____

Victim Services: _____

Police: _____

Spiritual or Cultural Support: _____

CSSD: _____

Provincial Court: _____

Family Doctor and/or Counsellor: _____

Important Items to Safely Store:

- Cash, bank cards
- IDs, passport, immigration documents, First Nations status card
- Medications
- Immunization records
- Health cards
- Change of clothes
- House keys, car keys
- Extra diapers, formula (if needed)
- Copy of any court orders

It is a good idea to make copies of these documents and safely store the originals.

The **Journey Project Legal Support Service** is available to offer legal support to anyone who has experienced sexual violence or intimate partner violence in, or is living in, Newfoundland and Labrador.

For more information about the supports and services we offer visit www.journeyproject.ca

Reach out to us at **1-833-722-2805** or support@journeyprojectnl.com

