



EMERGENCY ESCAPE PLAN

For Those in a Violent Relationship

by Creator of Leave The Lights On Podcast, Eliza

This document is created for those who may be in a violent relationship and are looking to leave their partner as safely as possible.

It is very important that your abusive partner not find out about your safety plan. Be sure to keep this document and your safety plan in a safe location unknown to your abusive partner.

In creating a safety plan, it is important to remember that:

- You are not to blame for the violence or for your children's exposure to it.
- You are not responsible for your (ex) partner's abusive behavior.
- You cannot control your (ex) partner's violence, but it may be possible to increase your own safety as well as the safety of your children.
- The safety of you and your children is always the most important thing.
- You are not alone. There are resources available in the community to provide support in a number of ways (e.g., counselling, housing, financial assistance, etc.).

The Emergency Escape Plan focuses on the things **you can do** in advance to be better prepared in case you have to leave a violent situation very quickly.

The Plan

The following is a list of items you should try to set aside and hide in a safe place (e.g., at a friend or family member's home, with your lawyer, or in a safety deposit box):

A. Make a photo copy of the following items and store them in a safe place, away from the originals. Hide the originals someplace else, if you can.

Check off once completed

- Passports, birth certificates, Indian/First Nations status cards, BCID, citizenship papers, immigration papers, permanent resident or citizenship cards, etc. for all family members
 - Driver's license, registration, insurance papers
 - Prescriptions, medical and vaccination records for all family members
 - School records
 - Changes can be made at said school as to who has access to the documents
 - All income assistance documentation
 - Work permits (if necessary)
 - Marriage certificate, divorce papers, custody documentation, court orders, protection orders, or other legal documents
 - Lease/rental agreement, house deed, mortgage documents
 - Picture of spouse/partner and any children
 - Health cards for yourself and family members
 - All cards you normally use, for example, credit cards, bank cards, phone card, Social Insurance Number (SIN) card as well as bank books
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**B. Try to keep all the cards you normally use or copies of them in your wallet.
- If your partner is in control of your wallet store in a safe place (e.g. friend's house, car, or work)**

Check off once completed

- Social Insurance Number (SIN) card
- Credit cards
- Phone card
- Bank cards
- Health cards

C.

Try to keep your wallet and purse handy and containing the following:
Check off once completed

- Keys for your home, car, workplace, safety deposit box, etc.
- Cheque book, bank books/statements
- Driver's license, registration, insurance
- Picture of spouse/partner and any children
- Emergency money (in cash) hidden away
- Cell phone (IMPORTANT)
- Extra medications and a list of medications and their dosages
- A list of all your doctors, their contact information and their purposes

D. Keep the following items handy so you can grab them quickly:

Check off once completed

- Emergency suitcase/bag containing immediate needs or a suitcase/bag that you can pack quickly
 - Medications
 - Jewelry and items of special sentimental value
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- A list of other items you would like to take if you get a chance to return to your home to collect more belongings later

E.

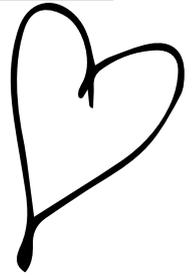
Other Considerations:
Check off once completed

- Open a bank account in your own name and arrange that no bank statements or other calls be made to you. Or, arrange that mail be sent to a trusted friend or family member.
- Save and set aside as much money as you can (e.g., a bit of change out of grocery-money if/when possible)
- Hide extra clothing, keys, money, etc. at a friend/family member's house.
- Plan and rehearse the steps you will take if you have to leave quickly, and learn them well.
- Use a code when talking/texting your designated safe person (friend or family) in the event your partner can access your cell phone
- Leave a copy of your plans to your designated safe person including a key for your calling/texting code

F. Additional Notes:

- When you leave your home, take the children if you can. If you try to get them later, the police cannot help you remove them from their other parent unless you have a valid court order.
 - If you have left your home, the police can escort you back to the home later to remove additional personal belongings, if it is arranged through the local police department. At this time, you can take the items listed above as well as anything else that is important to you or your children.
 - It can be very useful to have a trustworthy friend, family member or other advocate with you when meeting with police, lawyers, etc. These are stressful times and you might forget to tell them something or forget something they tell you.
 - Monitor your phone settings and change passwords often!
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Trusted Person Form



The following form should be filled out by the victim and given to a trusted friend/family member along with photo copies of important documents. Be sure to update often. The form should also be stored in a safe place and used in an emergency.

Name: _____ Phone: _____

Alt. Phone: _____ Alt. Email: _____

Employer: _____ Work Phone: _____

Medical Information: _____

Additional Emergency Contacts:

Name: _____ Phone: _____ Relation: _____

Name: _____ Phone: _____ Relation: _____

Code word or phrase (to be used to let others know you're in danger): _____

People not approved to be around me or my safe place:

Name: _____ Name: _____

Name: _____ Name: _____

Meeting Place (home, park, restaurant, etc.): _____

Additional Information: _____

