



WHAT ARE SOME SAFETY TIPS IF YOU ARE EXPERIENCING ABUSE?

If you think you are being abused, seek help. These tips provide guidance on how to find safety and support.



- **Consider sharing your concerns with a trusted friend, family member, or neighbour.** Work with them to develop a plan for when you need help. This plan may include, for instance, creating a secret code or multiple code words, sentences, or emojis that would help you communicate more safely with them.

- **Develop an escape strategy,** such as saying you need to go to the pharmacy or grocery store and, once there, asking to use the phone to call for help. Think through several plausible reasons for leaving home at different

times of the day or night in case you need to escape.

- If possible, **keep a telephone always charged** and accessible and know which numbers to call for help: a friend, a family member, or the police. If your life is in danger, call the police if you believe it is safe to do so.
- Try to **identify patterns** in your partner's use and level of violence. This can help you to predict when abuse may escalate.

- **Safety Planning:**
 - Hide originals of important documents like passports, birth certificates and school or work diplomas or certificates somewhere safe. For example, in a safety deposit box or with a trusted friend.
 - Keep copies of all court orders, for example, a restraining order, peace bond, or parenting order, with me always.
 - Add telephone numbers to your cell phone for support people and the closest shelter.
 - Memorize important telephone numbers in case you can't get to your cell phone.
 - Tell family and friends your code word for when I need help.
 - Update your information in places where your abusive partner is listed as my emergency contact.
 - Put your kitchen utensils and knife block in the cupboards so they are not as easily accessible.
 - Talk to a lawyer to get legal information and advice on what to do before or after I leave my abusive partner.

Emergency bag checklist



Wallet: Keep wallet and purse in a readily accessible spot. Make sure you have following items in your bag:

- credit cards
- health card
- SIN card
- cell phone and charger
- debit cards
- driver's licence
- cash
- cheque book

Pack a bag:

This checklist can be used to pack a bag in case the female partner needs to leave the home quickly.

- Copies or photographs of important documents for you and your children
 - work permits, certificates, or diplomas.
 - medical records
 - birth certificates
 - bank books and records
 - insurance documents
 - income-tax returns
 - marriage certificates
 - mortgage or lease documents for home and car
 - copies of court orders
 - immigration papers
 - passports
 - car registration
 - emergency cash
- Pictures of my abusive partner and of their car
- Evidence of the abuse, for example, pictures, hospital and police reports, notes, journals
- Extra sets of keys for home, car; and work keys
- Medications and prescriptions
- Important electronic devices and chargers
- Special or valuable items, like family photos, important jewellery, small gifts from my family
- Children's important items: like medications and prescriptions, special toys, vaccination records, change of clothes.

You can **talk with someone who has been trained to help** by calling organizations listed in our resources section.