

# ARE YOU A VICTIM OF DOMESTIC VIOLENCE?

**FOLLOW THE NEXT STEPS TO KEEP YOUR CHILDREN AND YOURSELF SAFE**



## 1. ALWAYS REMEMBER

- IT IS NOT YOUR FAULT
- YOU ARE NOT RESPONSIBLE FOR IT
- SAFETY IS THE PRIORITY
- YOU ARE NOT ALONE

## 2. SELF-CARE

- CONNECT TO COMMUNITY RESOURCES
- TAKE TIME FOR YOURSELF
- JOIN A WOMEN'S SUPPORT GROUP
- ATTEND COUNSELLING SESSIONS
- EXPLORE SPIRITUAL PRACTICES
- TAKE CARE OF YOUR MENTAL AND PHYSICAL HEALTH



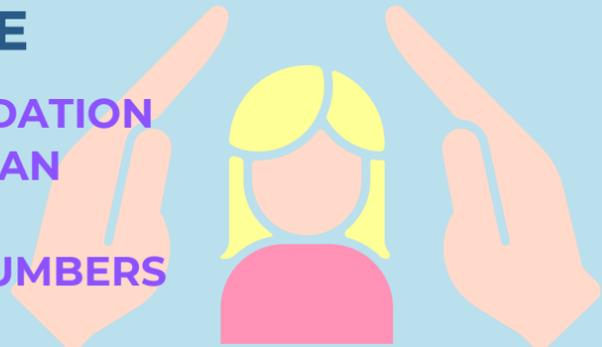
## 3. EMERGENCY ESCAPE PLAN

- MAKE COPIES OF ALL RELEVANT DOCUMENTS
- KEEP BANK CARDS IN YOUR WALLET
- KEEP PURSE HANDY
- PACK AN EMERGENCY SUITCASE
- LEARN BEST PRACTICES WHEN CALLING 911



## 4. SAFER ENVIRONMENT AT HOME

- ARRANGE FOR TEMPORARY ACCOMMODATION
- TEACH YOUR CHILDREN THE ESCAPE PLAN
- CREATE AN EMERGENCY CODE WORD
- HAVE A LIST OF SUPPORT RESOURCE NUMBERS
- BE AWARE OF ABUSER'S TRIGGERS
- BE CAUTIOUS ABOUT POSSIBLE WEAPONS



## 5. SAFETY OUTSIDE HOME

- INFORM EMPLOYER/COWORKER ABOUT THE ABUSER
- BE CAUTIOUS WHEN GETTING IN AND OUT OF THE CAR
- AVOID WALKING ALONE
- CHANGE ROUTES
- KEEP PHONE AND KEYS IN YOUR HANDS
- MAKE NEIGHBOURS AWARE OF YOUR SITUATION



## 6. CHILDREN'S SAFETY

- EMPHASIZE THE IMPORTANCE OF KEEPING SAFE
- PRACTICE THE EMERGENCY PLAN WITH YOUR CHILD
- TEACH HOW TO CALL 911
- DESIGNATE A SAFE MEETING SPOT OUTSIDE THE HOUSE
- PICK A SAFE WORD TO USE IN CASE OF EMERGENCY
- ASK THEM TO PICK A SAFE ROOM IN THE HOUSE



## 7. DURING A VIOLENT INCIDENT

- TRY TO POSITION YOURSELF CLOSE TO AN EXIT
- USE THE CODE WORD WITH THE CHILDREN
- CALL 911 DURING OR AFTER THE ASSAULT
- TAKE PICTURE OF ANY INJURIES
- MAKE NOISE TO ALERT THE NEIGHBOURS
- IF REPORTING SEXUAL ASSAULT, DO NOT SHOWER/BATH UNTIL GETTING MEDICAL ATTENTION.



BY CLARA PENA

References: Peel Committee Against Women Abuse. (2010). Creating a Safety Plan (p. 2 -25). PCAWADU