

Safety Planning within an Abusive Relationship

Thinking Ahead for Safety

If you are living with someone who uses violence against you then you will likely know something about the types of abuse they use, what triggers them to behave abusively and any signs that they might be building towards an incident of more extreme abuse. This is not to suggest that you are in any way responsible for managing or preventing their abuse, but it can help you to manage your safety to have thought about these things and plan in advance about the best way to keep yourself safe.

Talking to a Domestic Violence Counsellor or Support Worker can really help you to plan

Identify Safe Spaces

Think about your home and any exit points or places you can lock yourself and/or your children into if necessary. If you feel like things are escalating and your abuser may be about to use violence against you try to casually move towards an exit or lockable room. Try to avoid rooms such as kitchens or bathrooms that may contain objects that can be used as weapons against you.

Call 000 if an incident occurs

Protect Yourself Online

Think about how to protect yourself online and how to ensure that you and your communications can't be tracked or hacked. Wesnet has a really useful resource you can access here

<https://techsafety.org.au/resources/resources-women/>

Think About Where you will go if you do need to leave the house

Plan with Others

Inform trusted friends of your situation and plan with them. In particular, think about where you can go if you need to leave and how you can get there. Talk to your neighbours or friends about when they should alert the police. A code word can be useful.

Make Weapons Inaccessible

If someone uses weapons against you, or threatens you, or you believe this could happen, it may be useful to discreetly lock away those items.

Plan with Your Children

Have a code word to tell them when they need to leave and a plan about where they can safely go.

Teach them about how to call the police if they need to

Have Escape Necessities Ready

If you have access to a car, you may like to ensure it has petrol and start backing it into your driveway for a quick getaway if necessary.

Think about what items may be essential if you need to leave quickly. Where possible, have these stored safely together. Where this is not possible, create a list, so you can gather them quickly. Keep essentials together, ready for your exit. This should include:

- A small amount of cash
- Key cards

- House keys
- Essential medications for you and your children
- Important papers such as identity documents, court orders
- Things of high emotional value to you

Keep Mobile Devices Secured and Charged.