Safety Plan Template

This safety plan template has been adapted from the DVCS safety plan checklist.

The Safety Plan Template can help you understand different considerations about keeping yourself safe. If you are planning to leave an abusive relationship, it is important to plan ahead to manage escalating risk. A person using violence may become more controlling, abusive or dangerous if they believe the person subjected to these behaviours is planning to leave. This is because leaving may threaten their sense of power and control.

IF YOU ARE STILL AT HOME, CONSIDER GIVING A COPY OF THIS PLAN TO A FRIEND OR SERVICE.

Possible actions and considerations	What I will do
How will you leave: By foot or car or will you call a friend?	
Where will you go: Friend or family, hotel, neighbour or police?	
What will you take? Consider packing an overnight bag and leave it with a friend. Consider including important documents such as your birth certificate and passport or email copies to your family or a friend.	
Who can you tell: A trusted friend, family member or work colleague? Do you need to create a safe word? Do not write down your safe word.	
What money do you have? Consider giving some to your family or friend to mind. If possible, open a new bank account and arrange that statements be emailed to a secure email address.	
Children: • Teach your children how to use the telephone and call police, and a safe word. • Talk to all people who care for your children about who has permission to collect the children.	
Mobile phones and phone numbers: • Purchase a mobile phone and make sure your mobile phone is charged and has credit – if you do need to call the police, you don't have to speak, saying nothing will put them into action. • Program emergency numbers into your phone, using code names if necessary.	
Pets: Can you arrange for someone to take any pets in an emergency?	
Accessibility: What accessibility requirements do you have at home and in the event of an emergency?	

Possible actions and considerations	What I will do
If you are staying at home: • Do you need to change the locks on windows and doors, or should you have deadbolts installed? • Do you have capacity to consider sensor lights, window bars, additional locks, electronic alarm and a chain on your front door? • Ensure you have working fire alarms installed and a fire extinguisher. • Put wood dowels in windows to stop them being slid open. • Place padlocks and chains on gates. • Place sliding bolts on ceiling hatches/manholes so they can't be accessed through the roof. • Change home Wi-Fi password.	
If you have left home: • Consider varying your route to work or family and changing your regular activities such as going to the gym. • Ensure the webcam on your computer is turned off; even better, use tape to cover the lens when you aren't using it. • Get an answering machine and voicemail and screen your calls. This also allows you to record abusive messages. • Set up a secure email address that you can give to police, lawyers, community services to use – but maintain the email address known to the person using violence. • Change all your passwords and login details using strong passwords that are not words or your birthdate and try to have a different password for each account. • Ensure your mobile phone is set to auto-lock after a short period of time with a pin code required to unlock it. • Turn off the 'location' function on your phone. • Turn your Bluetooth off and set your phone to 'hidden'. • Ensure you have engaged all the privacy settings on social media and on each device. • Don't allow other people to tag you in photos or locations. • Consider using a non-identifying profile and cover photo, such as a flower or landscape, on your social media accounts. • Consider using a different city as your location and not including your place of work or education.	
Complete an e-safety plan:	
Complete an accessibility plan: (where relevant)	
Other actions:	