

**PERSONAL SAFETY**  
**of**

\_\_\_\_\_  
(Name of Victim)

1. I will keep my purse/keys/identification/important documentation ready and put them in (indicate place) \_\_\_\_\_ in order to leave quickly.
2. I will tell (list at least 2 trusted friends/neighbours/relatives and phone numbers)
3.
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_about the violence/threats and request they call police if they hear suspicious noises coming from my house or if they cannot locate me.
4. I will use \_\_\_\_\_ as a code word for friends/relatives/neighbours so they can get help.
5. I will teach my children how to use the telephone to contact the police and to provide quick and accurate information including directions to our home and neighbourhood.
6. I will contact \_\_\_\_\_ for a temporary place to stay (e.g. women's shelter, relative, friend).
7. If I have to leave my home, I will go to \_\_\_\_\_,  
Phone #: \_\_\_\_\_.
- If I cannot go to the above location I will go to \_\_\_\_\_  
    Phone#: \_\_\_\_\_
8. I will phone the police if \_\_\_\_\_ shows up at the house.
9. I will not let \_\_\_\_\_ into the house.
10. If confronted and cannot leave I will try to move to a place that is low risk such as \_\_\_\_\_ (remember to avoid the bathroom, kitchen, rooms containing weapons and rooms without access to the outside).
11. Should \_\_\_\_\_ enter the house I will use my judgment and intuition. If the situation is very serious, I should consider doing what will calm \_\_\_\_\_ down. I

must remember that I have to protect \_\_\_\_\_ until we are out of danger.

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12. If I decide to leave I will exit safely from (identify doors, windows) \_\_\_\_\_  
\_\_\_\_\_
13. I can keep my cell phone with me at all times. I will ensure that my cell phone is fully charged at all times.
14. I will keep my vehicle well-maintained and have a full tank of gas in the event that I have to leave suddenly.
15. I will leave my vehicle locked at all times. Prior to entering the vehicle I will check to ensure that it has not been tampered with (e.g. tires, gas tank).
16. I will leave an extra set of keys (indicate location) \_\_\_\_\_ (do not leave keys on a hook in kitchen or entrance)
17. I will ensure that the smoke detectors are functioning. I will ensure that a fire extinguisher is easily accessible on each floor and in the basement.
18. I will maintain a packed suitcase (clothes/personal items) in \_\_\_\_\_ (can be in the vehicle or somewhere in the home where it is easily accessible) in order that we can leave quickly.
19. I will keep a small supply of our medications in my purse or suitcase
20. I will teach my children how to use the telephone to make a collect call to me and to (trusted friend/neighbour/relative) \_\_\_\_\_ in the event that my spouse/partner abducts the children.
21. I will teach my children a code word that grants them permission to leave with a person other than myself only when that person uses that code word in direct communication with my children.
22. I will tell people who take care of my children the names of those who have permission to pick up my children and that my spouse/partner is not permitted to do so. The people I will inform about pick-up permission include: school \_\_\_\_\_  
teacher \_\_\_\_\_ coach \_\_\_\_\_  
babysitter \_\_\_\_\_ others (specify) \_\_\_\_\_.
23. I will sit down and review my safety plan \_\_\_\_\_ (once a week, every two weeks or once a month) in order to plan the safest way to leave the residence. Victim Services has agreed to help me review this plan.
24. If any conditions are ordered by the court I will get a copy of \_\_\_\_\_ court

order and keep it with me at all times. (If you change purses the court order should be the first thing to go in).

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25. I recognize that I will have to report to the police if \_\_\_\_\_ breaches any conditions of the court order or the Emergency Protection Order (whichever is applicable).

26. Other things that I can do to keep us safe: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

27. If I need to call **911** but am unable to communicate I will leave the phone receiver off the hook. (This will allow the operator to trace your call)

28. **Telephone numbers I need to know:**

<b>Police, Fire, Ambulance</b>	<b>911</b>	
<b>Local RCMP</b>	_____	<b>(complaint line)</b>
<b>Women's Shelter</b>	<b>1-877-624-3466</b>	
<b>Victim Services</b>	<b>624-6626</b>	<b>(office)</b>

**Date Completed:** \_\_\_\_\_

**Date Reviewed:** \_\_\_\_\_