

# Planning Your Safety

## Checklist to avoid domestic violence

- Identify a safe place to go:** Find a safe location, whether it's a friend or family member's house, a domestic violence shelter, or a hotel.
- Gather important documents:** Keep copies of important documents in a safe place.
- Create a code word:** Choose a code word or phrase that you can use to communicate with friends and family about your situation without alerting the abuser.
- Establish a support network:** Reach out to friends, family, and support groups for help and support.
- Develop a safety plan:** Plan a route to leave your home safely and make arrangements for transportation if needed.
- Pack a bag:** Pack a bag with essentials, including clothing, medication, and important documents, in case you need to leave quickly.
- Plan for your pets:** Arrange for your pets if you need to leave them behind.
- Be aware of your abuser's behaviour:** Watch for signs and take precautions if you feel like you're in immediate danger.
- Keep a record of incidents:** Keep a record of any incidents of abuse, including dates, times, and descriptions.
- Get a restraining order:** Consider getting a restraining order if you feel like you're in danger.

### IF YOU DO LEAVE

- Immediately turn off location services on all devices. Change your passwords to social media accounts, emails, and online banking.
- Limit social media use.

### SAFETY PLAN

Remember, leaving an abusive relationship can be dangerous and it's important to have a safety plan in place. If you're in immediate danger, call 000.

### WHAT TO PACK

- Documents:** Birth certificate, passport, driver's licence, financial and medical records.
- Medications and personal items:** Prescription medication, glasses, hearing aids, etc.
- Clothing and personal items:** Extra sets of clothes, toiletries, and bedding.
- Cash and credit cards:** Keep enough cash on hand and bring credit/debit cards.
- Keys:** House keys, car keys, and any other relevant keys.
- Phone and charger:** keep a charged phone with you and important phone numbers saved.
- Valuables:** jewelry, sentimental items, and other valuables that can be easily transported.
- Safety devices:** consider bringing a personal alarm, pepper spray, or other safety devices.

**Note:** Pack items discreetly, as leaving a violent relationship can be dangerous, and take steps to ensure your safety. Consider reaching out to DV Connect (1800 737 732) or and phone 000 in an emergency. Gladstone Women's Health can be contacted during business hours on (07) 4979 1456 or 1800 749 222.