

My Safety Plan: After Leaving



If you have left an abusive relationship,
YOU MAY STILL BE AT RISK.

Your ex-partner may not accept that you are leaving and he might stalk you.

Consider these suggestions for safety measures you could use.

(You may need to consider the cost of these safety measures.)

A. In my new home I could:

- **Change the locks on my doors and windows** (you may need to tell the landlord if you are renting or your lawyer if you own your home before taking this action)
- Install a **peep hole** in the door
- Replace wooden doors with **steel/metal doors**
- Install window bars, poles to wedge against doors, an electronic alarm system
- Purchase **rope ladders** to be used for escape from second floor windows
- Install **smoke detectors** and buy **fire extinguishers** for each floor in my house/apartment
- Install a **motion sensitive lighting system** outside for when a person comes close to my home
- Leave lights on

B. When there are custody and access issues, I could:

- Get legal advice and assistance to put a sole custody order in place
- Ask the court to order supervised visitation
- Tell all the people who care for my children about who has permission to pick up my children and who does not
- Give my child's caregivers copies of the custody and access order and a picture of ex-partner

The people I will tell about pick up permission include:

School and teachers:

Daycare staff:

Caregivers, including babysitters, after hour care programs, Sunday school, and so on:

Coaches and Instructors:

Religious leaders:

Others I could inform that I am separated and ask that they call the police if they see my (ex)partner near my residence.

(neighbour, superintendent/landlord, friend, other)

C. If I have a “protection order” I could:

To help support the enforcement of my protection order, I could:

- Know the **specifics and limitations** of my protection order. I will find out the conditions and what they mean for my safety.
- Call the police station to ensure that the **protection order is registered** on CPIC (the police computer system).
- Call the police and **report every violation of the protection order** by my (ex)partner. Depending on the type of protection order, I can also contact my (ex) partner’s parole/probation officer and/or victim services.
- If the police do not help, I **can call the Duty Sergeant immediately at the police station** and express my concern. I can also contact victim services, my (ex) partner’s parole officer, or my lawyer, as well as filing a complaint with the police.

- I will **keep my protection order document(s) on or near me** (originals, if possible). I can keep a copy in a second safe place:

_____ (location)

- If my partner destroys my protection order, I can get another copy from the courthouse, my lawyer, or:

- If it is safe to do so, I can tell my employer, my friend:

and _____

that I have a protection order in effect.

D. On the job or in public, I could:

If I am comfortable and feel it would be supportive to me, I could do the following to increase my **safety in the workplace**:

- Tell my employer, security, and/or co-workers _____
about my situation and that I am at continued risk of being harmed by my ex.
- Ask _____
to help screen my telephone calls at work. I could ask them to document these calls if possible.
- Discuss the situations where my employer would call the police if I am in danger from my (ex)partner.
- When arriving or leaving work, I could:
 - Let someone know when I will be home
 - Walk with someone to my car
 - Look around the parking lot
 - If my partner is following me, I can drive to a place where there are people to support me, e.g. a friend’s home, police station

- If I am walking, I can take a route where there are other people around
- Take different routes home
- If I see my partner on the street, I will try to get to a public place, e.g. store
- If my partner confronts me, I could call attention to myself and ask for help
- Buy a personal alarm device
- I can change my usual patterns to lessen the risk of contact with my (ex)partner. I could shop at different grocery stores and malls. I could change the times when I do various things.

Other strategies that I am using or might use to make me feel safer after leaving an abusive relationship (in my home, with the kids, with a protection order, or in the workplace)

