

SAFETY PLANNING INFORMATION

If you decide to leave

1. Inform someone you trust about your situation.
2. Call the Family Violence Information Line to get help with your safety plan at 310-1818. They are open 24/7 and will provide assistance in more than 170 languages.

Plan your exit strategy

3. Consider where you and your children can go if you need to leave quickly. Do not go the home of a friend or relative that your abuser will know about as that could endanger them too. Consider an emergency shelter. Central Alberta Women's Emergency Shelter 24/7 helpline 1-888-346-5643.
4. Plan where your pets will stay. The Alberta SPCA has a Pet Safekeeping Program for persons affected by Family Violence. Call 403-342-7722 in central Alberta.
5. Decide when to speak to your children about leaving. Assure them that this is not their fault and make sure they know what to do when you leave. Timing can be important as you do not want to put them in a position where they must keep secrets or slip up and let the other party know about your plans.
6. Hide money, open your own bank account if you can and have the statements sent to you electronically to a safe email account.
7. Get an extra set of car keys [in case you must leave suddenly] that you can leave in a safe place – maybe somewhere outside your home that is readily accessible. Make sure that there is gas in your vehicle at all times and if you are not sure exactly where you are going have a map, directions and phone numbers handy.
8. If you need to break a rental lease get a "Safer Spaces for Victims of Domestic Violence Certificate" that will allow you to end the tenancy without financial penalty. See www.alberta.ca/safer-spaces-certificate.aspx.
9. Get financial and other supports from the Alberta government to assist you in leaving an abusive situation. See www.alberta.ca/family-violence-stay-safe.aspx.
10. Bag an emergency bag for yourself and your children where you can access it quickly or leave it with a trusted friend or a shelter in your area. It should include duplicates of the following:
 - a. Cash, debit or credit cards
 - b. Health care cards
 - c. Drivers license and passports
 - d. Social insurance cards or status cards
 - e. Copies of any custody, restraining orders, EPO's or other Court Orders
 - f. Immigration or work permit papers and visa's
 - g. Marriage license or divorce decree
 - h. Recent picture of you and your children
 - i. Prescription drugs or medications for yourself and your children [enough to last you until you can get back to your family doctor]
 - j. Keys to house, cars, work. Safety deposit boxes etc.
 - k. Extra clothing for yourself and your children
 - l. Contact information for persons you trust and agencies you may need to contact.

11. Keep a record of dates, times and details of incidents and who might have witnessed them.
12. Do not maintain any contact with your abuser after sending one clear message that you are done and that you want all contact to end.
13. Consider contacting the Police and/or their Victim Services Unit about an emergency restraining and protection order. Also see www.ablerta.ca/restraining-protection-orders.aspx.
14. Consider getting legal advice from a local lawyer or Legal Aid 403-340-7730 or the Central Alberta Community Legal Clinic 403-314-9129.
15. If you need to retrieve items from your home and are afraid to return ask the police to escort you.

If you decide to stay

1. Pay attention to changes in you partners moods and behaviours
2. Move to a safe room with a window or door to the outside when an abusive or violent situation happens.
3. Avoid conflict in the kitchen and garage which both have readily available things that can be used as weapons.
4. Teach your children and others to leave the room or home when abuse or violence is happening and call 911 when it is safe for them to do so.
5. Back an emergency bag – see #10 above for details.

Manage your online information

Web browsing

1. Activate private web browsing mode. See www.howtogeek.com/269265/how-to-enable-private-browsing-on-any-web-browser/.
2. Clear your history in any browser. See www.howtogeek.com/304218/how-to-clear-your-history-in-any-browser/.

Email

3. Stop using existing email accounts and save harassing emails to give to the police.
4. Create a new email account without any identifying information and check to make sure your real name does not show anywhere.
5. Change your existing passwords to complex ones that are difficult to figure out.
6. Use your new email only with people you trust and who will not share it or any information with the abuser.

Social media

7. Use your new email to create new accounts for social media sites and choose a new username that does not identify you.
8. Do not use or post any photos of yourself or your children that would identify you.
9. Set your account setting to private so only friends can see you.

On-line shopping

10. Close all accounts you use for on-line shopping and open new accounts with your new email and secure password.