

- Consider changing passwords to Amazon / Netflix / Ebay / Uber / anything else you routinely use that may hold information about your address, location or activity.
- Delete internet history after any searches that may reveal content or location.
- Think about setting up a new email account.
- Remove all linked devices from your Gmail/ iPhone account.
- Turn off the find my phone setting, or location services.
- Change your Google/iPhone password and set up two factor authentication set up.
- Consider setting up a new Google/iCloud account.
- Check apps on your phone that you do not recognise and delete anything suspicious.
- Check your children's tablets and phones; if they are they linked to the abuser's device or they have access, follow the steps above.
- Consider downloading an app such as Hollieguard that can alert your contacts if you are unsafe.



SAFETY PLANNING WITH CHILDREN

- Consider whether someone can accompany you to the handover.
- Avoid completing handovers at your property.
- Consider a child arrangements or prohibited steps order to structure contact.
- Think about having a separate email address or phone number for child contact, or using an app such as Talking Parents.

- If your abuser should not be collecting children from school, ensure school are aware of this and have their photo.
- If your abuser has parental responsibility (PR), you can request school make contact with you if the abuser arrives to collect the child/ren.
- Teach children how to call the police or emergency services; they will need to learn their address and know which service to ask for.
- Ensure children know who their safe people are in each setting, e.g. teachers, neighbours who they can speak to for help.

STAYING SAFE DURING CHILD CONTACT

- Complete handovers via a third party or in a public place to minimise risk.

against domestic abuse bowa

SAFETY PLANNING

WHY MAKE A SAFETY PLAN?

A safety plan helps you to think about your actions in advance, to help you stay safe.

Recognising that you are being abused is an important step. Where you go from here is up to you. You may feel you need time to think about your situation. Or perhaps you have already made up your mind to leave. Whatever you decide, your safety is always the priority.

Not everyone will want or choose to leave an abusive relationship. Staying safe from domestic abuse involves taking sensible precautions. This information may help you stay safe or be prepared if you decide to leave.

STAYING SAFE IN THE HOME

- Keep your mobile phone with you and charged at all times and call 999 if you feel unsafe.
- Plan your escape routes from the property and identify a safe room.

- If something happens in the property, try and leave immediately and raise the alarm with a neighbour.



- If you are unable to leave, get into a safe room and lock or barricade the door. Call police if able to or shout out of a window to attract attention. Shout specific instructions such as 'call the police'.
- Consider keeping a spare phone in your safe room to enable you to call the police.
- Speak to your neighbours; establish a code word to ensure neighbours are aware if you are unsafe; give neighbours permission to call police if your abuser is seen nearby or if they hear a disturbance.
- Establish a safe word with family members and friends to let them know you are in danger.
- Check smoke alarms regularly.

STAYING SAFE OUTSIDE THE HOME

- Check the outside of property before leaving; if your abuser is seen remain in the house and call the police.
- Keep your mobile phone in your hand and call police if your abuser is seen nearby.

- Go into a shop or other public place and raise the alarm; ask for the police to be called.
- Vary routes and try to keep to public places using public transport where possible.
- If undertaking longer journeys, have a check in and check out with someone so they know you have left somewhere and arrived safely.
- Consider getting escorted when out of home by a friend.
- If returning home and you see your abuser, remain in the car and drive to a safe place, such as the police station.

PLANNING TO LEAVE

- If you are planning on leaving consider when to do this; avoiding times when your abuser is in the property and choose a time when you know the coast is clear.
- Consider having a friend or family member with you when you are leaving.
- Consider keeping a bag packed; this should include important documents, driving licence, passports, birth certificates, proof of income or benefits, proof of residency or immigration status, bank statements, medicines, cash, toiletries and a change of clothes.



AFTER YOU HAVE LEFT

- Ensure the house is locked up at all times; use door chains, double locks and spy holes where available.
- Phone 999 if your abuser or his associates are seen near the property, or if you feel you are in danger.
- Report any other form of contact to 101.
- Consider keeping your new address confidential and only sharing this with trusted friends or family members.
- Consider changing routines or key places you regularly travel to, such as the children's school, your workplace, supermarket, etc. to avoid being followed to a new location.
- Follow tech safety advice so your new location cannot be identified.
- Consider applying for a non-molestation order to prevent or limit contact from your abuser.

STAYING SAFE ONLINE

- Consider changing passwords to all social media/email and other online accounts to something no one would guess.