



Personal Safety Plan for :

The following plan is for me to complete and memorise, or to leave safely with a worker. I understand my situation best and can decide if these suggestions will help.

GENERAL SAFETY PLANNING TIPS

I can tell my friend(s)..... a **codeword** so they know when to ring the police

I can tell my neighbour(s).....to ring the police if they hear worrying noises

If I fear an assault I will **avoid** areas with no escape (e.g. bathroom) and sharp tools (e.g. kitchen) and other areas..... and will try to stay near doors or exits

I can ring **SY Police**, my address can be tagged for a fast response, and they will record incidents.

I have told **children** to get away on my **signal**, that I **don't** want them to protect me - to ring the police on **999** and go somewhere safe: they know to say their **name/address** and **stay on the line**

I can leave clothes, money, keys, photos, vital documents (or copies if safer) with.....

I will think about having a **secret phone** and **savings/money**. I will talk through leaving with a worker and will think about / rehearse the safest way.

When I go, I **will take**.....(if safe)

SAFETY PLANNING AFTER SEPARATION

I can **secure my home**: add or change locks to doors/windows, reinforce doors and add spy holes, lighting, shock alarms. The **Sanctuary Scheme** may be able to help [via Helpline]: **0808 808 2241**

I can **change my phone number** and can **use 141 before it**, especially if I have to ring my ex-partner, to keep it unknown. I will ask friends, family and children not to share it.

I can ring the **D.A. Helpline** for information about specialist services to help me recover: outreach, support groups, counselling and therapy, and can look at this website: **www.sheffielddact.org.uk**

I **will tell**(my work, children's schools, friends, neighbours) the relationship is over and ask for help to keep safe (e.g. screening calls, ringing the police if my ex turns up).

I will make sure that everyone who looks after **my children** knows who is allowed to pick them up and what to do if my ex-partner or anyone else tries to take them.

There are **legal options** to increase my safety, like **injunctions** and **restraining orders**, and the courts can keep my address confidential. I will find out more about these from

When I feel low and may consider going back I **can talk to**

Other helpful things to know/remember are

Person (and agency)	Phone no.	Person (and agency)	Phone no.