

# Your Safety Planning Guide

For women and children  
surviving domestic abuse

# What is safety planning?

Guidance which will help to:

- ✓ Keep you safe
- ✓ Identify risks
- ✓ Plan your steps to escape from your abuser
- ✓ Keep you safe after you have left your abuser
- ✓ Signpost you to resources

## Key Contacts

If you are in immediate danger please call 999

If you are in danger & unable to speak key 55 on your mobile phone - this will connect you to the police.

Refuge National Domestic Abuse: 0808 2000 247

Victim Support: 0808 1689 111

Childline: 0800 1111 or 1166 111 from an 02 network

ANI Code: (Action Needed Immediately) ANI is a codeword scheme that allows you to signal for help when in your local pharmacy, jobcentre, supermarket or bank. Boots, Superdrug, Morrisons, HSBC & TSB plus others are part of the scheme.

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I am a Parent



# What is domestic abuse?

Domestic abuse affects 1 in 4 women aged 16 & over. It can take an individual up to 7 attempts to leave an abusive relationship. Domestic abuse is:

- ✓ Physical abuse
- ✓ Sexual abuse
- ✓ Violent or threatening behaviour
- ✓ Coercive or controlling behaviour
- ✓ Economic abuse
- ✓ Psychological, emotional or other abuse
- ✓ Stalking



On average **2 women** are killed each week as a result of domestic abuse



**1 in 5 children** have lived with an adult who carries out domestic abuse



**Every 30 seconds** the Police receive a domestic abuse related call

Recognising domestic abuse. Some signs include:

- ✓ Jealous, controlling or possessive behaviour Plays minds games
- ✓ Checks, tracks or hacks your phone and monitors social media use
- ✓ Isolates you from friends and family Controls the finances and makes you financially dependent on them or manipulates you into making large unaffordable purchases
- ✓ Pressures you to take part in something sexually that you don't want to or have not consented to do
- ✓ Shows up uninvited and unexpectedly to places where you are including your home and workplace.

## Using Economic Abuse

- ✓ Preventing her from getting or keeping a job
- ✓ Making her ask for money
- ✓ Giving her an allowance
- ✓ Taking her money
- ✓ Not letting her know about or have access to family income



## Using Isolation

- ✓ Controlling what she does, who she sees and talks to, what she reads, where she goes
- ✓ Limiting her outside involvement Using jealousy to justify actions

## Using Coercion and Threats

- ✓ Making or carrying out threats to hurt her
- ✓ Threatening to leave her, to commit suicide, to report her to social services/ DWP
- ✓ Making her drop charges
- ✓ Making her do illegal things



## Minimising, Denying & Blaming

- ✓ Making light of the abuse and not taking her concerns about it seriously
- ✓ Saying the abuse didn't happen Shifting responsibility for abusive behaviour
- ✓ Saying she caused it

# Power and Control



## Using Intimidation

- ✓ Making her afraid by using looks, actions, gestures
- ✓ Smashing things
- ✓ Destroying her property
- ✓ Abusing pets
- ✓ Displaying weapons

## Using Emotional Abuse

- ✓ Putting her down
- ✓ Making her feel bad about herself Calling her names
- ✓ Making her think she's crazy
- ✓ Playing mind games
- ✓ Humiliating her
- ✓ Making her feel guilty

## Using Male Privilege

- ✓ Treating her like a servant
- ✓ Making all the big decisions
- ✓ Acting like the "master of the castle"
- ✓ Being the one to define men and women's roles

## Using Children

- ✓ Making her feel guilty about the children
- ✓ Using the children to relay messages
- ✓ Using visitation to harass her
- ✓ Threatening to take the children away



# Clare's Law

Also known as the DVDS Scheme



## Keeping Yourself Safe

### Important!

Abusers are known to become more controlling at the point of you exiting a relationship

If your children have a mobile phone, your abuser may contact them in an attempt to find out your plans, location or to manipulate the child against you

Have conversations with your child to help them process their emotions

Teach young children how to call emergency services for help or other people such as family and friends

### Right to Ask

Members of the public have the right to request information about a current or ex-partner both male and female. A request can also be made by a relative, friend, neighbour, colleague or professional such as an IDVA (Independent Domestic Violence Advisor).

### Right to Know

The police will decide if they want to disclose information about a person to protect a potential victim. The information that may be disclosed includes whether the individual has a conviction, caution, reprimand, or final warning for domestic abuse or related offences.

The information will be shared to safeguard a potential or current victim and children.

Keep an ICE contact(s) in your phone (in case of emergency) & write key contacts on a piece of paper.

Have a code word to use with family or friends to alert them to danger.

If you are being physically abused take photo's of any bruises or marks on your body.

Keep a log of all domestic abuse incidents recording dates, times and what took place.

Explore protecting yourself and your children with a court order such as a non-molestation, occupation order or a prohibited steps order .

If you have a joint tenancy agreement, joint mortgage or are married your abuser will have legal rights to remain in your home, seek housing advice to know your where you stand.

If you have a joint bank account, make sure you withdraw cash or transfer some funds to a bank account in your sole name only.

Your abuser may be monitoring your phone & internet browsing history. Remember to delete your browsing history & change log in passwords.

# Single People

Be prepared to leave, pack a bag with essential items. If you can, keep this spare bag at a trusted family member or friends home.

Keep important documents such as passports, birth certificates, marriage certificate together, if possible keep these at a trusted family member or friends home.

Your local authority can provide you with emergency housing or help you to find a space in a refuge. If it is safe to do so, you can also stay with family or friends.

Be aware of your abuser monitoring your movements, try and change your daily journey routes so your abuser cannot trace you.

See if it possible to change your work times to avoid your abuser showing up expectedly at you start or leaving time.

Your employer may have an employee assistance programme which you can access for additional support.

If you live in social housing your landlord can install a panic alarm & a safe room/area.

If you don't live with your abuser or you do not need to leave your home because your abuser is willing to leave, extra safety measures such as fitting secure door locks & a spy hole may help.

If you live in private rented accommodation or with others such as flat mates or relatives, ask your landlord & other individuals not to share any information with your abuser or any other person.

Seek support, please see page 1 for suggestions. Advice or charitable agencies can give you emotional support and practical advice. You may also be able to access counselling services.

# Parents

It can be more difficult for women to leave an abusive relationship when biological and non biological children are involved. Here are a few things to consider:

Be prepared to leave, pack a bag with essential items for yourself and your children. Include your children's favourite toys. If you can, keep this spare bag at a trusted family member or friends home.

Keep important documents such as passports, birth certificates, marriage certificate, child custody paperwork together. If possible keep these at a trusted family member or friends home.

Your local authority can provide you with emergency housing or help you to find a space in a refuge. If it is safe to do so, you can also stay with family or friends.

Be aware of your abuser monitoring your movements, ask a relative or friend to carry out the school run or your behalf.

After you leave your home, your abuser may show up at your children's school, notify the school of the change in situation.

Support your children with the change by trying to manage their emotional needs. Their school or social worker may be able to support you with this.

Your employer may have an employee assistance programme which you can access for additional support.

If you live in social housing your landlord can install a panic alarm & a safe room/area.

If you don't live with your abuser or you do not need to leave your home because your abuser is willing to leave, extra safety measures such as fitting secure door locks & a spy hole may help.

If you live in private rented accommodation or with others such as relatives, ask your landlord or relatives not to share any information with your abuser or any other person.

Seek support, please see page 1 for suggestions. Advice or charitable agencies can give you emotional support and practical advice. You may also be able to access counselling services.

# Final Notes

If you are feeling overwhelmed and don't know where to start feel free to contact the YLC Team for advice and support. We can be reached on:

**07950 205 342**



[www.youngladiesclub.com](http://www.youngladiesclub.com)