



# SAFETY PLAN

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Gather evidence and keep it safe.  
Recordings, photographs. Keep all your messages.  
Keep a diary of what happens when – Note dates (and times if necessary).

Things to take with you:

## IDENTIFICATION

- ☐ Driver's License
- ☐ ID Document
- ☐ Passport(s)/Work Permit
- ☐ Insurance
- ☐ Birth certificate(s)

## FINANCIAL

- ☐ Money/credit cards
- ☐ Chequebooks

## LEGAL PAPERS

- ☐ Protection Order
- ☐ Divorce Papers
- ☐ Car Registration/Insurance Papers
- ☐ Copy of Lease/ Rental Agreement/Deed to Home
- ☐ Mortgage Payment, Unpaid Bills
- ☐ Medical and School Records
- ☐ Separation/Custody Papers
- ☐ Power of attorney/will

## OTHER

- ☐ Children if safe to do so
- ☐ Items for children (toys, blankets, diapers)
- ☐ Medications and Prescriptions
- ☐ Keys to Home and Vehicles
- ☐ Address Book
- ☐ Cellphone and charger
- ☐ Pictures, jewellery, things that mean a lot to you
- ☐ Clothes find a safe way – if you cant... leave them behind!
- ☐ Get a cheap phone with WhatsApp capabilities. This is your emergency phone. Hide it. Make sure it always has data and some airtime. Only give the number to the people you trust.
- ☐ Do not go on Facebook or other social media that can easily be hacked. If you need Facebook open a profile that does not use your name, address etc.

### **TIPS**

- ☐ During an argument, or if you feel tension building, avoid areas in your home where weapons might be available – the kitchen, bathroom, bedroom or workshops.
- ☐ If there are weapons in your household such as firearms – lock them up!
- ☐ Know where there is a safe exit from your home – a window, elevator or stairwell.
- ☐ Discuss the situation with a trusted neighbour if you can. Ask them to call 10111 if they hear a disturbance. Find a code word to use with them if you need the police.
- ☐ Always keep a packed bag ready.
- ☐ Know where you would go to be safe if you have to leave, even if you don't really think you need to.
- ☐ Remember that no one ever deserves to be abused. It is not your fault!

### **STEPS TO TAKE IF YOU ARE PLANNING TO LEAVE YOUR SITUATION...**

- ☐ Open a bank account in your own name – siphon money into that account for when you leave.
- ☐ Give an extra set of keys, copies of important documents, extra clothes and some money with a trusted friend or neighbour in case you have to leave quickly.
- ☐ Think about who your best resources are if you need to find shelter or money.
- ☐ Have change on hand to make emergency calls.
- ☐ Remember that your safety and that of your children should always come first!

### **ONCE YOU HAVE LEFT: MORE STEPS TO SAFETY**

- ☐ Keep your Protection Order with you at all times.
- ☐ Give photocopies of your Order of Protection to your children's school, your employer, your neighbours, as well as your local police department.
- ☐ Change the locks on your doors.
- ☐ Discuss safety plans with your children.
- ☐ Inform children's school about who has permission to pick up your children.
- ☐ Ask neighbours to call the police if they see your abuser nearby. Show your neighbours a photo of the abuser and tell them about your Protection Order.
- ☐ Ask someone to screen your telephone calls at home and at work.
- ☐ Have someone escort you to your car or walk with other people if possible.
- ☐ If communication is necessary between you and your partner, meet in public places or have a third party make contact and relay messages.
- ☐ Talk with people who can provide you with support on domestic violence issues.

### **ALWAYS CALL THE POLICE IF YOU ARE CONCERNED FOR YOUR SAFETY! EVEN IF YOU ONLY NOTE AN INCIDENT REPORT.**