

Safety Plan

With a safety plan, you are better able to anticipate violent situations and act quickly in a threatening situation. You can consider what steps you can take for your own safety if a situation comes to a head. Remember: you are not alone. Help is available. We recommend that you go through the safety plan with a trusted person close to you or a professional. You can also chat to [AinoAid](#) if you need support. Keep the filled safety plan somewhere safe!

In immediate danger call 110

Medical emergencies: _____

At nighttime I can call: _____ Tel. _____

Taxi-Company: _____ Tel. _____

1. If it is not safe for you (and your children) to be at home/go home, you can go to:

2. Individual signs from which you can predict that the perpetrator will become violent (e.g. alcohol or drug use, rapid breathing, changes in voice volume, silence, eyes, skin colour change, body language, clenched fists):

3. How do you get out of the house? Develop a routine where you go outside quickly (e.g. taking out the trash bag, walking the dog, going to the store) and use it to leave the house when you notice the situation becoming threatening.

4. Exit routes out of your home:

5. With whom you can agree on a safeword that you send by text message or say on the phone and they know to call help for you:

6. If the perpetrator does not live with you, how can you ensure the safety of your house (e.g. by changing the locks, getting an alarm system, installing exterior lights, burglar-proofing the doors, a guard dog, and security cameras)?:

7. Tell the people taking care of your children the names of the people who have permission to pick up the children from daycare or school. These persons are:

8. In an acutely dangerous situation, the most important thing is that people get out of the situation to safety quickly. *Don't hesitate to call 110.* In this case, you can get essential items with a friend or, if necessary, the police later. However, it is often easier to plan ahead for leaving. If you have time to pack and leave in peace, here is a checklist. You can also pack the security bag in advance and keep it safely hidden, for example at a friend's place. *Please bear in mind that this list is not necessarily exhaustive and that other things may be important to you.* You need e.g. the following things:

- ☐ Cash and/or bank card
- ☐ Spare clothes
- ☐ Keys
- ☐ Identity document (passport, identity card)
- ☐ Driver's license if you travel by car
- ☐ Important papers (Marriage certificate, Birth certificates, Customer number from the Jobcenter, Child benefit customer number)
- ☐ Notice of approval (e.g. for social benefits)
- ☐ Hygiene supplies
- ☐ Regular medications
- ☐ Phone and charger
- ☐ Diary or other evidence
- ☐ Children's important accessories, e.g. a familiar sleeping toy
- ☐ Pet and pet's important accessories, food
- ☐ Secure emotional or important objects, if there is a risk of their destruction. E.g. photos, computer hard drive