

## After I've left the relationship I CAN:

- **Contact a solicitor** to protect me and my children and sort out contact, residence and separation issues
- **Work out** how to get out of house in an emergency
- **ask my local Council** to make my house more secure
- **Keep** my new address/contact details secret
- **Take care** when out and about
- **Inform schools** who's got permission to pick my children. If the children are at new schools get records transferred safely
- **Ask my employer** to screen my calls
- **Write myself a letter** for 'a rainy day' when I'm feeling low and thinking maybe it wasn't so bad
- **Talk to someone** when I feel like going back to remind me of what it was really like
- **Be proud** of how far I've come!



## Important phone numbers in my area:



Refuge \_\_\_\_\_

DAFSU \_\_\_\_\_

Social Care \_\_\_\_\_

GP \_\_\_\_\_

24 hour national helpline  
0808 2000 247

Childline 0800 1111

Men's Helpline 0808 801 0327

RESPECT (Helpline for abusers)  
0808 802 4040

EMERGENCY 999

### Checklist of things to take if you leave home



- ✓ birth certificates (yours and children's)
- ✓ passports (yours and children's)
- ✓ any benefit entitlements
- ✓ school or medical records
- ✓ money, bank books, credit cards
- ✓ keys: car, home, office
- ✓ medicine
- ✓ address book
- ✓ details of mortgage or rent
- ✓ personal items: clothes, photos, toys, mobile phone

## Cheshire West & Chester Domestic Abuse Partnership

### Personal Safety Plan

#### What if I want to stay with my partner:-

The most important thing is to remember that you won't be able to stop your partner's abuse - only he/she can do that. However, there are some things you can do to increase your own and your children's safety while staying in the relationship.

#### What if I want to leave/end the relationship:-

It's good to plan ahead for your safety. Leaving can be a very stressful time - both emotionally and practically you'll have a lot to deal with. Sometimes when abusers find out partners are planning to leave, the abuse can get worse.

**Our priority is that, whatever you decide, you are safe as you can be.**

## Keeping Safe

*A personal safety plan is a way to help you protect yourself and your children.*

### You might find it helpful to:

- Talk through this leaflet with someone you can trust - maybe a worker from a refuge or Family Safety Unit.
- Fill it out and keep it in a safe place where no-one can find it.
- Review and update it regularly
- Trust your instinct - you're the expert in your own situation
- Do things to build your confidence - the stronger you feel the more likely you are to be able to do what you think is right
- Think about talking with and supporting your children in making decisions and getting them special help if they need it



## If I choose to stay in the relationship I CAN:

- **Widen** my support network by telling people I trust
- **Keep** my mobile phone charged and in credit
- **Have** someone in the house if I can predict difficult times
- **Move out** of the kitchen if I fear an attack
- **Try** to position myself near a door and think through my escape route - talk it through with children too
- **Ask** a friend or family member to phone/call by to check up on me
- **Arrange** a 'code' which I can use on the phone to get help without my partner knowing it
- **Get** a neighbour to call the police if they hear sounds of distress
- **Teach** my children NEVER to get involved directly.
- **Show** my children how to get help safely eg. Dial 999 or an agreed number
- **Arrange** for my children stay with relatives if they are scared
- **Think about the effect** on my children and what's best for them in the long run

## If I'm planning to end the relationship I CAN:

- **Decide** if I need to leave physically and work out where to go - a refuge, family or friends. Will I be safe if I stay locally or do I need to move away?
- **Be** very careful to keep all arrangements and my new contact details secret
- **Gather** items on **checklist** or think through how to get them in a hurry
- **Leave** the checklist items with a friend on a gradual basis
- **Use** the Police if I'm afraid I won't get away safely
- **Think** through who needs to know that I'm safe and who needs to know where I am? (friends, family, school)
- **Work out** a good time to leave eg. When my partner's out for a while or when I'm out for a reason eg. Appointment, children to school...
- **Use the civil law (injunction etc)** to protect me and my children or remove my partner from my home
- **Ask agencies about home safety** -to improve security or change locks if you are staying in your home
- **Keep evidence** of the abuse logged and ask agencies to do the same