

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