

Safety Planning Information Sheet

Your safety and your children's safety is a priority whether you are planning to stay in the relationship, thinking about leaving or have already left.

If you are staying in the relationship, think about what you can do to keep yourself safe, particularly at times when your partner becomes abusive, or you sense the situation is escalating.

Some tips may be:

- Create 'signals' for supportive neighbours, family or friends that let them know to come over or to call for help. For example, switch on a particular light, leave a curtain blind closed /open, phone or text a friend with an agreed cue or a message that will be a prompt or code for them to help in whatever way you have discussed.
- Keep spare keys and important documents or copies of them, where you can get to them easily.

Helping your children

You can help your child emotionally recover from domestic violence in many ways:

- Protect children from violence by taking them to a safe place.
- Get support to take action against the violence, this will show them that violence is not acceptable.
- Reassure the child that none of the violent episodes were their fault in any way.
- Tell them how much you love them and cuddle them often.
- Encourage them to talk openly about their feelings.
- Get extra help for your child if necessary.
- Enlist a professional from a specialist domestic and family violence service to help provide your child with emotional support.
- Tell the child that abusive behaviour is wrong and be a role model for other ways of managing anger and solving problems.
- Seek professional help, such as counselling, for all family members.

Do you need support?

Daisy app

<https://www.1800respect.org.au/daisy/>

Auroa app

https://www.women.nsw.gov.au/violence_prevention/domestic_and_family_violence_app

Technology abuse and cyber stalking

<https://dvcs.org.au/safety-planning/technology/>

Esafety for women – empowering women to take control online

<https://www.esafety.gov.au/women>

A guide for women leaving or separating

<https://www.relationships.org.au/relationship-advice/publications/pdfs/safefromviolence.pdf>