

# Victim Services Safety Planning



## Tips to protect you and your children from an abusive partner

### If you are planning to leave:

- Make reports to police or lawyers when necessary.
- Take pictures of any injuries you received or damage to your belongings.
- Find a safe place to hide copies of important papers for you and your children including identification, medical records, diaries, and money.
- Know what community resources are available: crisis lines (1.855.225.0220), transition houses, community centres, parent resource centres, etc.
- Develop code words to get help if needed – teach your children, friends and family a phrase or word that signals you need help. Have a plan for what they, especially children, should then do.
- Keep a copy of undertakings, peace bonds, and probation orders with you at all times.
- Remove/block the abusive partner from social media.
- Turn off GPS on all electronic devices.

### If you have left the relationship:

- Let friends, family, neighbours, co-workers, and building management help. Advise them who the abusive partner is and what restrictions are in place regarding contact with you or your children.
- Provide copies of custody or access orders to people providing childcare and/or school officials.
- Keep windows and doors locked.
- Keep track of all threats or unwanted contacts made by the abusive partner.
- Take pictures when possible to provide evidence if the abusive partner follows you.
- Change the locks on your home. This can be an expensive but very helpful step.
- Buy motion alarms that can be placed on windows.

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## How your phone can help:

- Be familiar with features on your phone that may help – Caller ID, \*67, \*69 and \*57.
- Caller ID – there may be a charge for this service; however, it will allow you to know who is calling before you answer.
- \*67 allows you to block your number for any call you make. This service is free of charge.
- \*69 allows you to check the number of the person who last called you (landline only). There may be a charge for this service.
- \*57 will trace the last call made to your number. You won't get the information but it can be given to police by your phone service provider.
- Ensure your cell phone is charged and with you (ensure GPS is turned off).

## Tips whether you stay or go:

- Call 9-1-1 immediately if you are in danger.
- Know the warning signs that an assault might happen and leave if you can. If you can't leave, move to a room with an outside door and try to avoid areas with sharp corners, hard surfaces or objects that may be used as a weapon.
- Be aware of your surroundings when in public.
- Consider changing passwords frequently for social media, online banking, computer login, etc.
- Delete browsing history on your computer.
- Be aware of resources that can provide service to you – parent resource centres, 24-hour crisis lines (1.855.225.0220), outreach programs connected to shelters. Refer to the Halifax Regional Police Victim Services brochure or call 211.

Phone: 902.490.5300 | Text: 902.497.4709

Email: [victimservices@halifax.ca](mailto:victimservices@halifax.ca)

[www.halifax.ca/fire-police/police/programs-services/victim-services-halifax](http://www.halifax.ca/fire-police/police/programs-services/victim-services-halifax)