



Safety planning checklist

- This checklist suggests some of the things you might want to include in your safety plan
- Talk to a support service for more ideas on keeping yourself and your children safe
- The best way to make a safety plan is with the assistance of a support service.
- If you would like support with making a safety plan, you can call 1800RESPECT on [1800 737 732](tel:1800737732), chat online via [our website](#) or text [0458 737 732](tel:0458737732).

Safety at home

- Speak to neighbours you know and trust. Ask them to call the police on 000 if they hear violence or abuse
- If you are in assisted living, speak to a carer or other person you trust about what is happening
- If you have children, help them to know the warning signs of danger. Visit [Children and violence](#) to find out more
 - Children should be able to discuss, plan and practise steps they can take to be safer at home when there is violence or abuse
 - Children need lots of affection and care when they are exposed to violence or abuse in their home
- You may have mandatory reporting responsibilities if children are at risk of harm. Visit [Reporting and protection](#) to find out more.
- Have a safe place to go if you need to leave
- In your wallet or mobile phone keep a list of important contacts you can call on in an emergency:
 - Local taxi services
 - Crisis accommodation centre
 - Phone number of the local police station
- Download the Daisy app to your mobile phone to connect to local services
- Learn how to increase your safety when you are using technology, like mobile phones or social media. Visit [Technology and safety](#) to find out more.
- If possible, have a spare mobile phone with prepaid credit. This will mean you can contact support people and services without being monitored through phone bills or call logs.
- Pack an escape bag in case you need to leave the house quickly

- Have an escape plan ready for when you feel that it's not safe to stay where you are.

Making an escape plan

- Plan and practise the quickest way to leave where you are
- Have a small escape bag ready with keys, money and other important things
- Leave spare keys and copies of important papers with a family member, friend or someone you trust
- Let a trusted person know that you may be calling on them if you have to leave quickly. Some people have a code word they agree to use. That way you can call even if the perpetrator can hear you.
- If you have any mobility issues or disability arrange in advance for a friend or other support person to come straight away if you ring or text them
- If you plan to leave and are worried about your pet, the RSPCA may be able to help with their [Safe Bed for Pets](#) program. Contact your local RSPCA to see if they have a program in your area.
- Talk to your employer about [paid family and domestic violence leave](#) available to help employees experiencing domestic and family violence.

Safety after leaving a violent situation

- Look at ways to increase security at home, like outdoor lights, extra window or door locks, or gates, if you can
- If possible, park your car on the street instead of in the driveway so you can't be blocked in
- Consider changing your mobile phone number and setting it to 'private'. Use email if you need to stay in contact with the perpetrator. This is also an easier way to keep a record of your conversations.
- Get a PO Box for important mail if the perpetrator has or could get access to your home or letter box
- If you see the perpetrator, get into a public or busy place as soon as possible
- After leaving, try to change your normal routines. This could be catching different trains or buses, leaving home or work at different hours, shopping in different places.
- Talk to a domestic and family violence service, a community lawyer or the police about getting a protection order if you don't already have one. Visit [Violence and the law](#) to find out more.
- Tell your employer of any protection orders that prevent the abuser from coming near your work. Keep a copy of your order at work or in your bag.

Domestic and family violence: children's safety

Domestic and family violence: children's safety

Domestic and family violence: children's safety



Next steps





Domestic and family violence and children

Exposure to domestic or family violence can affect every aspect of children's lives. With a safe environment and the right support, children can recover from the trauma of domestic violence.



Protection orders

A protection order is a legal order made to try to protect you from further violence and abuse. There are many different services can offer you information and advice on protection orders in each state and how to apply for one if you decide to do so.



Escape bag checklist

If you are going to leave a relationship, deciding what to take with you is an important step in creating a safety plan. Safety planning is a way to think about and develop a plan of action for when things are unsafe.