

## ITEMS TO TAKE WITH YOU

Items you should take with you, if possible, include:

- Cash, bank and/or credit cards.
- Keys to your car, house and work.
- Identification cards including driver's license, health card, status card, birth certificate, social insurance number, and passports.
- Medications.
- Important papers for you and your children such as school and medical records.
- Lease/rental agreements.
- Protection orders/Peace Bond, Marriage license/Divorce Papers, Custody Papers.
- Sentimental items.
- Items for your children (toys, blankets).

**REMEMBER:  
THE SAFETY OF YOU AND YOUR  
CHILDREN COMES FIRST - IF  
YOU CANNOT TAKE THE ABOVE  
MENTIONED ITEMS, THEY CAN  
BE REPLACED. SAFETY FIRST!**

## HELP IS A PHONE CALL AWAY...

**For IMMEDIATE EMERGENCY call 911  
or your local emergency services**

### HELP LINES

Talk4Healing  
24/7 Helpline for  
Indigenous Women  
**1-855-554-4325**

Ontario 24/7  
Community and  
Social Services  
Helpline  
**211**

Assaulted Women's  
24/7 Helpline  
**1-866-863-0511**  
From a Bell, Rogers,  
Fido or Telus mobile  
phone: #7233

Seniors 24/7 Safety  
Line  
**1-866-299-1011**

Kids Help Phone  
**1-800-668-6868**

Male Survivors of  
Sexual Abuse 24/7  
Crisis Line  
**1-866-887-0015**

Victim 24/7 Support  
Line  
**1-888-579-2888**



For more information, contact  
[vwlp@nanlegal.on.ca](mailto:vwlp@nanlegal.on.ca)



Thunder Bay Office  
101 Syndicate Ave. N, Suite 1  
Thunder Bay, ON  
P7C 3V4



(807) 622-1413  
toll-free: 1-800-465-5581

# SAFETY PLAN

## VICTIM WITNESS LIAISON PROGRAM

### NISHNAWBE-ASKI LEGAL SERVICES





## YOUR SAFETY PLAN

The Victim Witness Liaison is here to help victims and witnesses of crime. We ensure that their safety is priority. This brochure will give you some tools to ensure that you and your family are safe.

Making a Safety Plan can increase you and your children's safety.

The Safety Plan focuses on the things you can do in advance, to prepare yourself in case you have to leave an abusive situation very quickly.

### ACCEPT YOURSELF LOVE YOURSELF TRUST YOURSELF

Our VWL Program can help make referrals to other resources within the community or outside resources.

If you feel that you are in immediate danger or fear for your safety, call 911 or the local police service.

## PROTECTING YOURSELF WHILE LEAVING AN ABUSER

You can protect yourself while leaving an abuser by:

- Telling someone you trust about the abuse.
- Considering past abuse - it will help you predict the danger you and your children are in and when to leave.
- Explaining to your children abuse is never right, even if it is done by someone they love and that abuse is not their fault or yours. Teach your children about the importance of safety, especially when there is abuse in the home.
- Planning where to go in an emergency. Teach your children how to get help, and that they are not to get in between you and your partner if there is violence.
- Creating a code word with your children that acts as a signal for when they should leave or get help. Practice calling for help with your children. For example:

After dialling 911, an operator will answer and ask, "Police, Fire or Ambulance". Your child is to respond "Police" and then say "My name is \_\_\_\_\_. I am \_\_ years old. I need help - someone is hurting my mom/dad. The address here is \_\_\_\_\_ and the phone number here is \_\_\_\_\_."

- Not running to the location of your children in the case that you are being attacked - this may put them at risk.
- Creating a Safety Plan on how to get out of your home safely and practice it often with your children.
- Asking neighbors, friends and family to call the police if they hear abuse, and to care for your children in case of an emergency.
- Moving to a room where you can get outside easily in the case that an argument develops. Avoid rooms where there is access to weapons (kitchen, workshop, bathroom).
- Protecting your face with your arms if you are being attacked. Do not wear scarves or long jewelry.
- Backing your car into the driveway and keep it gassed up.
- Hiding your keys, cell phone and money where you can access them quickly but they are not easily found by others.
- Having a list of phone numbers to call for help (police, shelters, family).
- Removing all weapons and ammunition from the house.

**ABOVE ALL:  
BELIEVE IN YOURSELF. ONLY  
YOU WILL KNOW WHEN  
ENOUGH IS ENOUGH!**