

## PERSONAL SAFETY

Responsibility for abusive behaviour sits solely with the abuser – it is never the fault of the victim or any children.

The most important thing is to keep yourself (and your children/family) as safe as possible. This plan is designed to help you with this.

## SAFETY DURING A VIOLENT OR ABUSIVE INCIDENT

FearFree advocates a 'safety first' approach: we seek to avoid situations escalating to violence and would strongly urge you to remove yourself (and children) from dangerous situations if you possibly can.

However, we know that it is not always possible to avoid abuse. If an argument seems unavoidable:

- Try to have it away from rooms that could contain a weapon (e.g., a kitchen, bathroom or garage).
- Make a mental note of possible routes out of your house.
- Consider where you can go if you need to leave the property.
- Have a code word with your friends, family, and children so that they can call the Police if you use the word.
- Teach your children how to contact the Police or who they can go/contact in the event of an emergency.
- Try to keep a phone with you wherever possible or hidden somewhere safe.

## CHECKLIST OF WHAT TO TAKE WHEN LEAVING

- |  |  |
|--|--|
| <input type="checkbox"/> National Insurance number   | <input type="checkbox"/> Medication  |
| <input type="checkbox"/> Birth Certificates          | <input type="checkbox"/> Rent or mortgage details                            |
| <input type="checkbox"/> NHS cards/number            | <input type="checkbox"/> Details of telephone, gas, and electricity accounts |
| <input type="checkbox"/> Medications / prescriptions | <input type="checkbox"/> Mobile phone/laptop                                 |
| <input type="checkbox"/> Passports                   | <input type="checkbox"/> Car documents                                       |
| <input type="checkbox"/> Driving License             | <input type="checkbox"/> Change of clothes                                   |
| <input type="checkbox"/> Credit cards                | <input type="checkbox"/> Toys  |
| <input type="checkbox"/> Bank statements             | <input type="checkbox"/> Jewellery/photos/personal items                     |
| <input type="checkbox"/> Important documents         | <input type="checkbox"/> Copies of court papers/injunctions                  |
| <input type="checkbox"/> Insurance papers            | <input type="checkbox"/> Handbag/purse                                       |
| <input type="checkbox"/> Marriage certificate        |  |
| <input type="checkbox"/> Divorce Papers              |  |
| <input type="checkbox"/> Diary                       |  |
| <input type="checkbox"/> Keys                        |  |

### CONTACT US

#### Wiltshire - Domestic Abuse support for victims, Sexual Violence, Support for Children and Young People and Behaviour Change

Support Tel: 01225 775276  
Enquiries and Referrals: [spa@fearfree.org.uk](mailto:spa@fearfree.org.uk)

#### Devon - Domestic Abuse support for victims, Support for Children and Young People and Behaviour Change

Support Tel: 03451 551074 (landline call rate)

For **professionals** using a secure email address:  
[referrals.devon@fearfree.org.uk](mailto:referrals.devon@fearfree.org.uk) or [cjsm.net](mailto:cjsm.net)

For **clients or those who do not use secure emails**:  
[admin.devon@fearfree.org.uk](mailto:admin.devon@fearfree.org.uk)

#### Gloucestershire - Positive Relationships Gloucestershire (PRG) Behaviour Change service and Stalking

PRG  
Support Tel: 01452 529866  
Enquiries: [PRGgloucester@fearfree.org.uk](mailto:PRGgloucester@fearfree.org.uk)

STALKING  
Enquiries: [isac@fearfree.org.uk](mailto:isac@fearfree.org.uk)  
Tel: 01452 529866

National stalking helpline (24 hr): 08088 020300

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# PERSONAL SAFETY PLANNING

