

Safety at Work and in Public

Tell your employer, co-workers, and/or security about your situation. Provide them with a copy of your protection order and a picture of your partner. Have someone screen your visitors and phone calls.

Devise a safety plan for going to and from work.

Park close to the entrance and have someone escort you to and from your vehicle/bus. Use different routes to go to/from work. Consider transferring to a different work site/branch office, altering your work hours, varying the time you leave for/from work and/or requesting shifts where you are not coming in/leaving at night or working alone.

Designate someone at work to check in on you if you do not arrive at work and have not called in. Provide that person with an alternate contact if they cannot reach you.

Change your routine. Go to a different grocery store, bank, etc. or vary your schedule.

Always park in well lit, open areas close to your destination. Lock your doors when you leave your vehicle and always check inside before you get in.

If you are being followed while driving, do not drive home or try to lose the vehicle following you. Stay on well-lit busy streets. Call for help if you have a cell phone. During the day, drive to the nearest police station and ask or honk for help. At night go to a hospital or a busy business.

Avoid walking alone, particularly at night. Stay in well lit, populated areas and know your surroundings. If you believe you are being followed, go to a busy public area, an occupied residence or an open business and ask for help. Call 9-1-1 if your safety is at risk.

When using public transportation avoid isolated bus stops and ask the driver to radio the police if your partner is waiting for you at the stop.

Never meet your partner alone. If you need to meet, do so in a public place and with another person.

Safety for Your Children

Explain the situation to children at an age-appropriate level and have a safety plan for them as well.

Give your children a code word to alert them that they need to go to a safe place and find help. Practice getting out with them. Tell them their job is to get to safety and they should never try to protect you by getting between you and your partner verbally or physically.

Ensure they know how to dial 9-1-1 and which neighbours they can go to for help. Have them memorize your address. Tell them the safe room in your house to go to if they can't get out of the house.

Take your children with you when you leave. If you partner refuses to let you take them or has court ordered custody, get legal advice immediately. If you are afraid for your children's welfare, report your concerns to Child Protection.

Talk to a lawyer and pursue legal custody arrangement. Consult with a lawyer as soon as possible.

Talk about answering the door and phone and what information they should not give to callers.

Teach them strategies to avoid or deal with abduction by a non-custodial parent. In addition to knowing their address and how to call 9-1-1, teach them how to make a collect call to you and a trusted friend.

Alert everyone you leave your children with to your situation. Tell your children's school, daycare, etc. who has permission to pick them up. Provide copies of relevant protection orders, custody papers, etc. Alert the School Resource Officer to specific concerns.



For Your Consideration

You may need to take legal action at some point in the future.

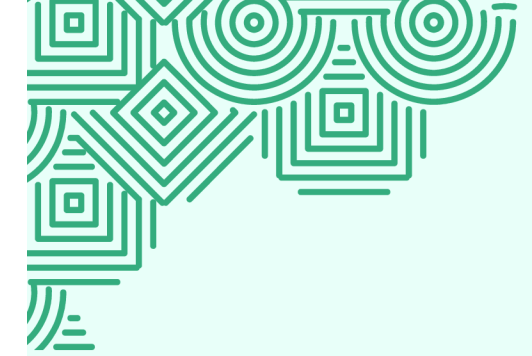
- begin a journal of violent and threatening incidents that includes dates, times, and specific facts
- get medical attention for any injury as soon as possible
- save evidence of assaults such as pictures of injuries, damage property, bloodied and ripped clothing, weapons used, etc.
- keep your journal and evidence in a safe place
- tell a trusted person the details of the abuse in your relationship

Witnessing and/or experiencing violence will have an impact on you and your child's emotional wellbeing. Finding appropriate professional support is essential so you and your children may safely talk about your feelings and experiences.

Your message to your partner must be that you will not tolerate mistreatment. Follow through by testifying as a witness in criminal proceedings resulting from your partner's violent actions. A consistent message and imposed intervention may be necessary for your partner's behaviour to change.

Important Numbers

Family Service Regina Domestic Violence Unit	306.757.6675
Mobile Crisis Services	306.757.0127
Regina Police Service	306.757.6500 or 911
Sexual Assault Line	306.352.0434
Isabel Johnson Shelter	306.525.2141
Regina Transition House	306.569.2292 306.543.0493
W.I.S.H. Safe House	
Legal Aid	306.787.8760



DV Safety Plan



NOTE: NOT ALL OF THE FOLLOWING SUGGESTIONS WILL APPLY TO YOUR SITUATION. IMPLEMENT THOSE THAT WILL KEEP YOU AND YOUR LOVED ONES SAFE.

Safety During an Explosive Incident

Trust your instincts. Note the situations that frequently trigger violent episodes and behaviours that usually come before an attack. Trust your instincts. Leave before any violence occurs. This is the surest way to be safe.

Call 911 if you believe you are in danger. The 911 operator only needs a few seconds to trace a call from a landline phone. If you don't have time to talk, dial 9-1-1 and leave the phone off the hook. The operator will send the police to your home. If you are able to talk, make it clear that you are in danger and need help immediately.

If calling 911 from a cell phone it is essential that you tell the operator where you are or provide a familiar landmark as soon as possible.

Make your way to a safe exit as soon as possible. Do not go to the basement or any other part of your home that does not offer access to an outside exit.

Go to a safe room if you can not get out. Ideally, a safe room is on the ground floor for easy exit or to call the attention of neighbours. It should have a lock on the inside of the door and a phone. It is best to avoid bathrooms, kitchens and other rooms with hard floors and surfaces and where there are objects that could become weapons.

Scream or shout out to alert neighbours and passersby you need help and to call the police.

The choice to physically resist an attack is yours. If your partner is armed your options may be limited. When in a physical attack, you may be able to reduce the degree of injury by curling up in a ball and covering your head with your hands.

Practice how to get out of your home safely. Identify which doors, windows, elevators or stairwells provide the quickest and safest escape. Have a rope ladder for escape from second story windows.

Preparing for Safety

Have a plan. Even if you think it is unnecessary, decide and plan various safe places you can go if you have to leave your home quickly. Review your plan frequently.

Get a phone. A phone is essential in case of an emergency. If possible get a cell phone to carry with you everywhere.

Open a bank account and/or a credit card in your name to increase your independence and give you access to emergency funds.

Discuss your financial and legal rights and obligations with a lawyer. If you have children discuss custody, access and child support.

Be aware of any weapons in your home and ensure they are stored safely. In a crisis, avoid areas with easy access to weapons or objects that could be used against you. If you feel unsafe because your partner has firearms, you may ask the police to get a warrant to remove them.

Alert neighbours and friends of your situation. Ask neighbours to contact the police if they hear a disturbance. Decide on a signal, code word or phrase to let others know that you need the police.

Know crisis numbers or how to find them.

Keep your vehicle filled with gas and in good repair. Carry an extra set of keys at all times.

Pack an emergency bag with clothing and other necessities. Store it with someone you trust.

Safety with a Protection Order

Get information from a domestic violence or shelter worker about protection orders that are available.

Keep your protection order with you at all times.

Notify police if your partner disobeys the protection order, as breaching these conditions is a crime. It's important that your partner knows you are serious about wanting the abuse to stop.

Important Things to Have

Identification

- Driver's License
- Health, social insurance and treaty cards
- Birth certificates
- Passport
- Immigration documents

Financial

- Cash, cheques
- Bank and mortgage records
- Debit and credit cards
- Social assistance documents
- Copies of income tax returns and pay stubs
- Deeds to your house, and/or property

Important Documents

- Copies of legal orders including protection, custody, separation and divorce orders
- Lease and rental agreements
- Vehicle registration, insurance policies
- Medical records

Other Items

- House and vehicle keys
- Medical prescriptions for you and your children
- Contact information for important people and agencies
- Phone or calling card
- Bus pass
- Recent pictures of you, your children, and your partner
- Change of clothing, toiletries, your children's favourite toys
- Small items of sentimental value

After Separation

Change your locks as soon as possible. A solid core door with at least a 1" throw is best. If this isn't possible, placing stacked items (empty cans, noisy toys) can alert you if someone tries to enter.

Lock all windows and doors, place sticks/bars in the sliding tracks. Use chimes or bells to alert you when entryways are tampered with. Lock basement windows and place glass jars on the inside windowsills. If an intruder tries to get in, the glass will break alerting you to call 911.

If you come home and your windows/doors have been tampered with, do not enter. Go to your neighbours or an open business and call 911. Don't enter until police have deemed it safe.

If your partner gets in your home, get out. If your partner is outside, stay inside and call 911.

Consider a home alarm to protect you when at home and your property when you're not there.

Ensure your home exterior is well lit and consider installing motion activated lights.

Notify your neighbours and landlord that your partner no longer lives with you. Ask them to call the police if they see your partner at your residence.

Have someone contact you at prearranged times to ensure you are okay. Use a code word/phrase to alert them if you need help.

Put all utilities in your name to prevent your partner from having your services cut off. Change your bank PIN and replace credit cards.. Change your internet server and the codes for your home alarm and phone message manager. Change your social media passwords or restrict access to them.

Only give out your new phone number and address to trusted people and tell them not to give the information to anyone else.

Don't put any identifying information on your house, apartment mailbox or buzzer panel. Ensure your phone number is unpublished and that your voicemail doesn't identify you.

If you receive harrassing calls use your call display, or *57 to identify their origin. Mark the date, time and what is said. Provide this information to SaskTel and/or police. Block your partner's numbers from contacting you.