



# Safety Plan: After you've left

**Women have told us that these safety measures have helped them and their children to keep safe after leaving an abusive relationship. Take these points as a guide, because you will know what is safest for you and your children. Trust your instincts.**

**Consider the following points for the safety of you and your children**

1. Talk to Women's Refuge or your lawyer about a Protection Order, Tenancy or Occupation Order (so that you can stay in your house), and the care and contact arrangements for your children if you have them.
2. Find out the support phone numbers you may need – e.g. Women's Refuge, doctors, lawyer, school, friends, and whanau/family. Keep these with you. If you're ever in danger, call 111.
3. Get a cell-phone and keep it with you. Work and Income may be able to help you get one. You can phone the police on 111 in an emergency from any landline or cell-phone, even if it doesn't have any credit on it.
4. If you haven't got a landline, Women's Refuge can help you get a free one that can be used only for 111 phone calls.
5. Make the area around your house safer: change the locks, install outside lights, repair damaged windows, trim underneath shrubs and trees so you can see if anyone is hiding in them.
6. Tell all your neighbours and friends that you have a Protection Order and/or that your abuser is not allowed to come to your house. Ask them to phone the police if they see anything suspicious. You could set up a code that will tell the neighbours you are in trouble, such as ringing them, hanging up, ringing again.
7. Use your own bank account.



8. Have any new address and phone number removed from public access: get a confidential number (so that Telecom won't give it out, except to emergency services); go on the unpublished Electoral Roll; get your details removed from any council register; and tell Work and Income, your employer, landlord, schools, doctor, etc, to keep your details confidential.
9. To hide your phone number from someone's caller display, dial 0197 before the number (if you're ringing from a [Telecom](#) or [Vodafone](#) phone) or dial \*32 before the number (from a TelstraClear phone). Check with your service provider in advance whether this function works with your phone plan.
10. Use a third party when dealing with your abuser (eg. for mail, when picking up the children, when returning their property). Always take someone with you if you can't avoid seeing them, and try to make meetings in public places with other people around.
11. Make a plan for yourself and the children about what to do in any situation if you feel threatened, such as home, school, and shops. Practice the plan.
12. Help your children to understand what's going on. They don't need to know all the details, but they do need to feel reassured and how to keep safe.
13. Ask for help from friends and whānau/family.
14. Work out a safe route to school with your children, including finding and practicing safe road crossings.
15. If you have a new home, talk to your new school, new doctor, etc. Let them know the situation.