



Safety Plan:

Leaving the relationship

This is a guide to help you think about how you might leave an abusive relationship. Women have told us that these points have helped them keep safe.

You will know what is safest for you and your children, so trust your instincts.

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

1. Do not discuss your plans to leave with your abuser or anyone else who may tell him/her.
2. If it's safe, get together a bag that you can leave with a friend or whānau/family member, including:
 - copy of your Protection Order or Police Safety Order (if you have one)
 - Medicine for you and your children
 - Copies of birth certificates for you and your children
 - Passports for you and your children
 - Clothes
 - Toiletries
 - Children's toys
 - Bank cards and at least enough cash for a taxi, train or bus if needed
 - Driver's licence
 - Your bank account details
 - Any other important documents, such as insurance paperwork or residency papers
 - Important phone numbers
 - Your loved and treasured portable items like photos or jewellery
3. Find out the emergency and important phone numbers you may need - police, Women's Refuge, doctor, lawyer, school, friends, and your whānau/family. Keep these with you. 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. Talk to your friends and neighbours if it's safe for you to do so. Let them know that your safety is at risk. Ask them to watch out, and set up a code



- with them so they can tell if you are in danger, and ask them to ring the police.
5. To stop an abuser checking your phone calls using the redial function, just pick up the phone and push any number afterwards. 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.
 6. Plan and practice an escape route from your house for you and your children. Plan a safe time to leave, a safe route to take, and the transport you'll use (your car, taxi, bus, Women's Refuge van). Get your own sets of the car and house keys.
 7. Organise somewhere to go straight away, such as to a friend's house or a safe place in the community like your local police station where Women's Refuge can come and pick you up. We can come to your home if necessary.
 8. Organise a place to stay for a while, such as a Women's Refuge safe house, a friend's house, a rental property, a boarding house or hostel.
 9. Talk to Women's Refuge or a lawyer about a Protection Order and the future care of children if you have any. You can get court orders that allow you to stay in your home and/or use the furniture. A Protection Order can be for yourself, your children, and other family or friends who are being affected by the abusers behaviour.
 10. If you have a Protection Order or Police Safety Order and the abuser continues being violent, threatening, stalking or contacting you, call the police. If the police don't take action, talk to the officer in charge at the station, the Police Family Violence Coordinator, or make an official complaint.
 11. 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.
 12. If your life is in danger and you need to move to another city or country, Women's Refuge and the police can help you move safely.
 13. The most important thing is for you and your children to get out safely. If the time is right to leave, just go. It doesn't matter if you haven't made a plan or don't have your belongings, important documents or valuables with you. Get out safely.