



INFORMATION / FACT SHEET

DOMESTIC VIOLENCE SAFETY RESOURCE

Everyone has the right to feel safe and live in an environment free from violence.

As a way of achieving this, we have a number of suggestions to prepare yourself for a time when you, or others in your care, are in danger or at risk of danger.

GENERAL SAFETY STRATEGIES

- Plan an escape route
- Have a bag packed with important documents (see page 3), money, spare set of keys, clothes, personal items. Alternatively you could leave a bag with a trusted friend or family member.
- Devise a code with the neighbours so they know to call police (i.e. switch lights on and off, pull blinds up and down, code words).
- Devise a code word with other members of the family living in the house so they know to leave or to seek help.
- Plan where you will go when you leave the house.
- Consider installing an alarm system so you can push the emergency button if able.
- Consider opening a separate savings account in your name, to increase your independence and so you will have access to money when you leave.
- Know the Domestic Violence hotline number and other emergency numbers.
- Keep spare change or a prepaid call card for telephone calls should you not have access to a mobile. You may also choose not to use the mobile if your ex/partner will have access to the telephone bills.
- Review your safety plan frequently and practice with children in your care when appropriate.

- Keep any evidence of physical abuse such as photographic pictures. Keep a diary of violent incidents including dates, times and what occurred.
- If injured, seek medical assistance and ensure the Doctor documents your visit.
- Have the police emergency number listed in your mobile phone, possibly under a 'code name', so that it is the first number on your contact list or in your speed dial numbers.

SAFETY DURING VIOLENCE

(in accordance with the measures suggested above)

- Go to an area that has a clear and unobstructed exit.
- Avoid going to an area that has knives, weapons or hard surfaces (like a bathroom).
- Stay in a room with a phone. Ensure your mobile has plenty of charge at all times.
- Call police immediately, if able, or when you are next able to make that call.

SAFETY AT HOME

(when the perpetrator does not live with you)

- Change the locks on all doors.
- Consider installing additional security on windows and doors.
- Install a sensor light or additional lighting for outside areas.
- Change phone numbers or invest in an answering machine to screen calls.

- Talk to the neighbours and notify them that your ex/partner is not to approach the property or the family. They are to contact police if this occurs.
- Call police if you see your ex/partner approaching.
- Get a dog as they act as great security alarms.
- Advise the schools, day-care centres, etc that your ex/partner is not allowed to contact the children.

WORKPLACE & PUBLIC SAFETY

- Tell your boss, security and any other relevant person about your situation
- Explore the possibility of having your phone calls screened
- Vary the routes taken to and from work. (i.e. get off a bus stop earlier or later and walk to destination)
- Devise a plan should a problem arise whilst commuting to and from work. (i.e.: go straight to the police, safe house, etc)
- Vary the places you visit: shop at different supermarkets or go to different social places to meet friends and family, and vary the times you would normally go
- Use a different bank and bank at different hours then when you did previously with your ex/partner

SAFETY PLANNING WITH CHILDREN

- Teach children how to help. Encourage them NOT to get involved in the violence between you and your ex/partner.
- Teach the children to go to the identified safe area if arguments occur.
- Plan a code word to signal to your children when they should leave the house and seek help.
- Practice how to be safe with the children.
- Tell children that violence is never right even when it is someone they love that is being violent.
- Always tell your children that neither you nor they are at fault or the cause of the violence.

IMPORTANT DOCUMENTS TO KEEP WITH YOU

- Marriage and Driver's licenses.
- Birth Certificates - yours and family's.
- Check books, credit cards, ATM cards, mortgage payment book, car title.
- Social Security card, work permit, passport, visa's, etc.
- Divorce, custody papers and restraining orders.
- Insurance papers and medical records.
- Lease, rental agreement and/or house deed.
- School and health records.
- Medications, glasses, hearing aids, etc needed by you or your family.
- Address book, pictures, toys.
- Benefit cards.
- Obtain a reference from landlords for future housing applications.
- Alternatively you could copy these documents and items and leave with a trusted person.

IMPORTANT CONTACT NUMBERS

POLICE EMERGENCY	000 112 (mobile)
POLICE ASSISTANCE	131 444
LIFELINE	13 11 14
CRISIS CARE	131 611
SA POLICE: FAMILY VIOLENCE INTERVENTION SERVICES (FVIS)	Call Your Nearest Local Police Station
DOMESTIC VIOLENCE & ABORIGINAL FAMILY VIOLENCE GATEWAY SERVICES (24 HRS)	1800 800 098
1800 RESPECT <i>National Sexual Assault, Family & Domestic Violence Counselling Support</i>	1800 695 463
NORTHERN DOMESTIC VIOLENCE SERVICE <i>(Counselling, support and accommodation to Women and Children)</i>	(08) 8255 3622
EASTERN DOMESTIC VIOLENCE SERVICE <i>(Counselling, support and accommodation to Women and Children)</i>	(08) 8365 5033
SOUTHERN DOMESTIC VIOLENCE SERVICE <i>(Counselling, support and accommodation to Women and Children)</i>	(08) 8382 0066
WESTERN DOMESTIC VIOLENCE SERVICE <i>(Counselling, support and accommodation to Women and Children)</i>	(08) 8268 7700
WOMEN'S DOMESTIC VIOLENCE COURT ASSISTANCE SERVICE: VICTIM SUPPORT SERVICES (VSS)	1800 VICTIM
STAYING HOME, STAYING SAFE PROGRAM: VICTIM SUPPORT SERVICE (VSS)	1800 VICTIM
HOMELESSNESS GATEWAY SERVICE	1800 003 308
FAMILY COURT OF AUSTRALIA	1300 352 000
WOMEN'S INFORMATION SERVICE	(08) 8221 5553 1800 188 158
RELATIONSHIPS AUSTRALIA	(08) 8223 4566
NUNKUWARRIYUNTI <i>(Aboriginal Health, counselling)</i>	(08) 8406 1600
ABORIGINAL FAMILY SUPPORT SERVICES	(08) 8205 1500
MIGRANT WOMEN'S SUPPORT SERVICE	(08) 8346 9417

UPDATED NOVEMBER 2016