

My safety plan **Before leaving**

1. Where can I go in an emergency? Consider refuge, friends, housing, B'n'B

2. What local agencies can help?
What are their numbers and their opening hours?

3. What is my escape route from the house?

4. Where is the nearest telephone box?

5. Do the children know how to contact the police? Yes / No

6. Have I packed an emergency bag? Yes / No

My safety plan **After leaving**

1. What places do I need to avoid?

2. Who do I need to tell?

Schools / childminders? What will I tell them?

3. Is my house as secure as it can be?

Including locks, smoke detectors, safe letter boxes

4. Do I need legal protection?

Civil options / reporting to the police / court support / child contact issues etc.

5. Is there any way I can be found?

Mobile phone / bank accounts / Facebook account etc.

6. Am I receiving all the support I need?