

# I HAVE JUST LEFT...

It is your decision whether or not you tell people that you have experienced domestic abuse. However, if you still feel unsafe it might increase your safety if you tell your family and friends, your children's school/nursery and your employer or college what is happening. You can ask them not to share information about you to your ex-partner. They will also be better able to support and help you. If you have left home, but are staying in the same town or area:

- try to avoid places such as shops, banks or cafes that you used to use when you were together
- try to alter your routines as much as you can. If you have regular appointments, try to change the date, time and location if possible.

If the abuser comes to your door, don't open it. Call 999 immediately. Do not make contact with your abuser or reply to any messages or texts. Consider changing the locks to your home. If contact with children has been arranged, ensure there is a safe handover point.

Teach your children what to do if your abuser makes contact with them unexpectedly. Discuss rules about checking before opening the door, who is allowed in the house and how to deal with phone calls and keeping addresses confidential. Let them talk to someone about their experiences and feelings.

Your mobile phone can be "tracked", so contact your phone provider for advice. Try to avoid using shared credit/ debit cards or joint bank accounts. If statements are sent to your partner, they will see the transactions you have made.

Make sure that your new address does not appear on any court papers.

If you need to phone your abuser make sure your call cannot be traced by dialling 141 before ringing. If your ex-partner continues to harass, threaten or abuse you, make sure you keep detailed records of each incident, including the date and time it occurred, what was said or done and, if possible, photographs of any damage or injuries. Tell the police and your solicitor immediately.

# USEFUL CONTACTS - YOU CAN GET HELP

If you, your family or someone you know is experiencing (or has experienced) physical, emotional, financial or sexual violence or abuse from a partner, ex-partner or family member, then help is available. The numbers given below are for organisations or groups that can offer you advice, practical help or just be there when you need to talk.

In an emergency, always call **999**.

Hampshire Constabulary non-emergency **101**

Local domestic abuse support:

- Hampshire DA Service: **0330 0165112** (24 hours)
- PIPPA Southampton: **02380 917917**
- SDA Portsmouth: **02392 065494**
- You Trust IOW: **0800 2346266**

Victim Support Hampshire and IOW **0808 1781641**

Sexual Assault Referral Centre (SARC)  
**02392 210352**

National Domestic Violence Helpline **0808 2000 247**

ChildLine **0800 1111**

Runaway Helpline Freephone **116 000**

Men's Advice Line **0808 801 0327**

Respect Phoneline **0808 802 4040**

National Centre for Domestic Violence **0800 970 2070**

Forced Marriage Unit **020 7008 0151** or  
**020 7008 1500** (out of hours)

Honour Network Helpline **0800 5999 247**

National Domestic Abuse LGBT Helpline  
**0800 999 5428**

Hampshire Domestic Abuse Partnership  
**website [www.hants.gov.uk/socialcareandhealth/adultsocialcare/domesticabuse](http://www.hants.gov.uk/socialcareandhealth/adultsocialcare/domesticabuse)**



# DOMESTIC ABUSE

## SAFETY PLAN

A personal safety plan is a way of helping you to protect yourself and your children.

It helps you think about how you can increase your safety either within the relationship or if you decide to leave.



# YOUR CHILDREN'S

## SAFETY PLAN

List the required details in the spaces below and remember to call ChildLine on **0800 1111** if you want to talk to someone.

Name

My sister's/brother's name

My sister's/brother's age

My phone number

Someone I talk about worries to

Their phone number

Other people I can call in an emergency

A place I can go to in an emergency

**Remember, domestic abuse is not your fault. You won't get in trouble for telling someone.**

My friend

knows about the problems at home and we have agreed on the code word:

in case of emergencies. They know my address and phone number. In an emergency call the police on **999**.

## I STILL LIVE WITH MY PARTNER

- Tell someone about your situation – a friend, relative, colleague or neighbour; someone who can give you help and support
- Try to seek professional advice
- Talk to the police or Victim Support
- Teach your children to call 999 in an emergency and what they need to say (for example, their full name, address and telephone number) – tear off the children's safety plan from this leaflet and fill it out with them
- Identify a safe exit and use it if you feel an abusive situation is about to arise
- If you cannot leave home, try to avoid risk areas such as the kitchen or garage where there may be knives or weapons
- Teach your children that it is not safe for them to intervene directly
- Keep with you any important and emergency contact numbers
- Pack an emergency bag for yourself and your children and keep it somewhere safe
- Keep your mobile phone fully charged and with you at all times
- Keep a record of all events, assaults, harassment, threats etc. and any contact by phone or texts
- Plan in advance how you might respond to different situations, including crisis situations
- Use your own instincts and judgement about the situation

## I'M THINKING ABOUT LEAVING...

If you do decide to leave your partner it is best if you can plan this carefully. Sometimes the risk of violence increases if your abuser thinks you are about to leave. Set aside a small amount of money each week in a separate bank or post office account. Plan to leave at a time when you know that your partner will not be around.

Take your children with you when you leave. If possible, try to identify a safe place to go before you leave and call your local domestic abuse service (listed overleaf) or the National Domestic Violence Helpline on **0808 2000 247** for advice and guidance. In an emergency, call the police on **999**.

### Make sure you pack an emergency bag containing:

- Clothing and toiletries for you and your children
- Your children's favourite small toys
- Some form of identification for you and your children, for example passports and birth certificates
- Any documentation relating to the abuse – diaries, police reports, court orders and copies of medical records
- Money, bank or post office books, child benefit or welfare books/cards
- Prescribed medication for you and your children
- Car and house keys.



In an emergency always call **999**

Please turn over...