My Safety Plan

Easy English

This booklet is your Safety Plan

Put this booklet in a safe place.

You can ask someone you know and trust to help you read this.

The person could be a:

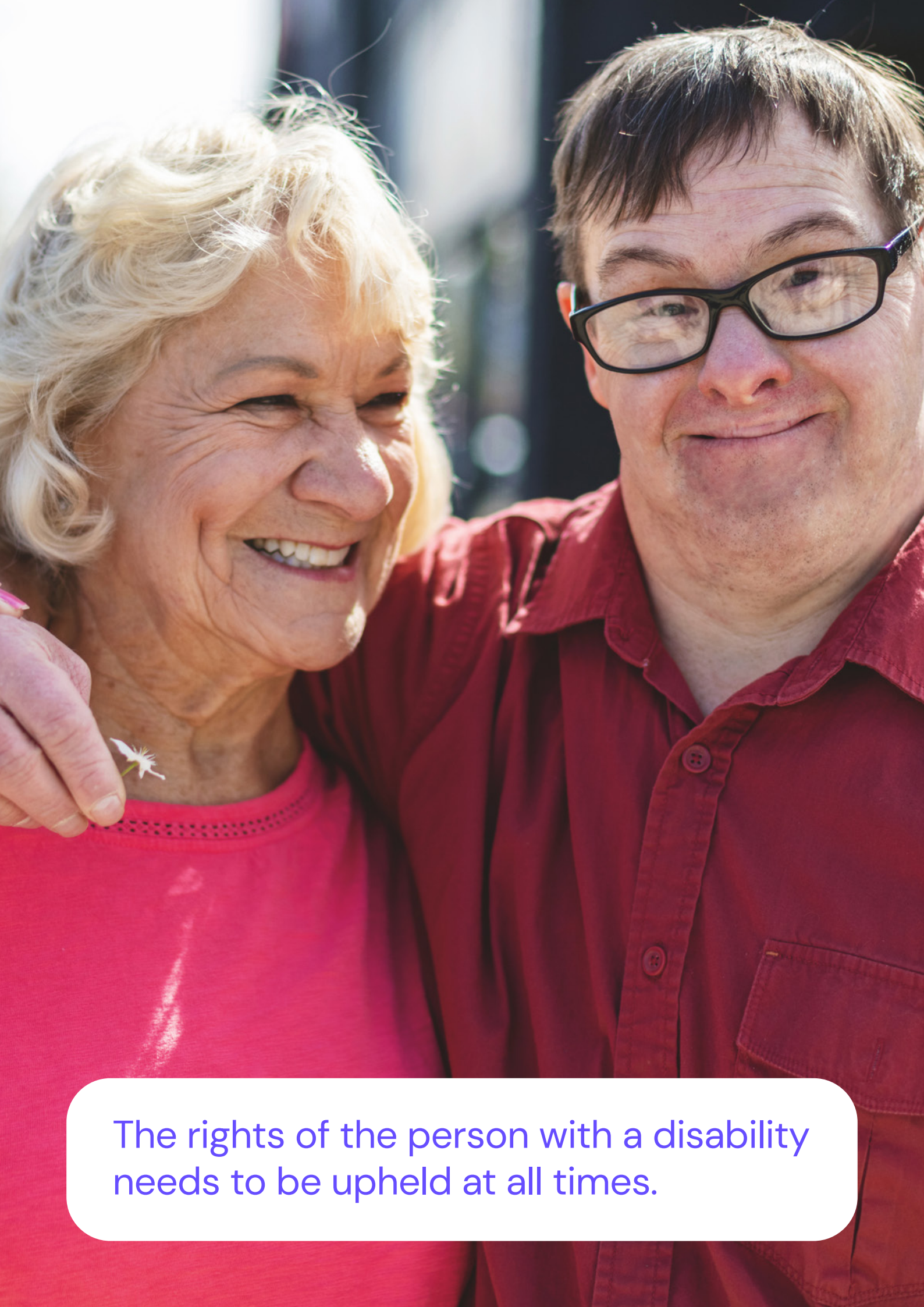
- Case manager
- Worker from a Family and Domestic Violence Service
- NDIS Support Coordinator
- Support worker
- Friend or relative.

Not bold

Bold

We have written some words in **bold**.

On page 23 and 24 we explain what the words in **bold** mean.



The rights of the person with a disability needs to be upheld at all times.

What is a Safety Plan?

A Safety Plan is a list that tells you what to do if you are living with **Family or Domestic Violence**.

The Safety Plan tells you:

- What to do if you are going to leave
- How to keep safe if you are going to stay

There are questions in this booklet.

All the questions are written in ***bold italics***.

Where is your Safe Place?

Ask someone you trust to help you read and answer all the questions.

The person could be a:

- Case manager
- Worker from a Family and Domestic Violence Service
- NDIS Support Coordinator
- Support worker
- Friend or relative

My Safety Plan

What is a safe place?

A safe place is somewhere you can stay that the **perpetrator** does not know about.

This could be:

- A friend or relative's home
- A place that the Family Violence service has found for you

Make sure your safe place meets your access needs.

Where is your Safe Place?

Write your answer here.

What are your important phone numbers?

The people important to you:

- The person you trust
- Family
- Friends
- NDIS support workers

Services you use:

- Health service
- Pharmacy
- Family Violence Worker
- Taxi
- NDIS

Emergency contacts:

- Police
- Doctor
- Sexual assault service
- Family violence service
- NDIS

000
EMERGENCY

NDIS

Write your important phone numbers here.

Name	Phone Number

Put your important phone numbers in your safe mobile phone.

A safe mobile phone is a phone that the **perpetrator**:

- Does not know the number

  and

- Does not know you have

Your Escape Bag

Pack a small **Escape Bag**:

- After you have made your Safety Plan
- When the **perpetrator** is not there

You may want someone you trust to help you:

- Pack your **Escape Bag**
- Sort your medication

Your bag should include:

- Clothes
  - 2-3 changes of clothes
  - Sleepwear
- Underwear
  - 3-5 pairs
- Shoes
  - 2 pairs
- Socks
  - 3-5 pairs

- **Toiletries**

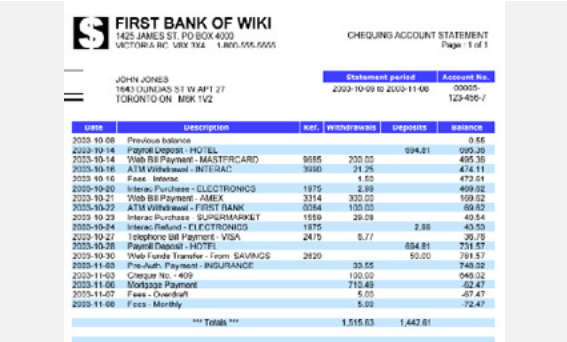
- Medicine that you take

- Prescriptions for the medicine that you take

- Your Medicare card

- Your NDIS information

- Bank account details



FIRST BANK OF WIKI
1425 JAMES ST. PO BOX 4000
VICTORIA BC V8X 7X4 1.800.555.6666

CHEQUING ACCOUNT STATEMENT
Page : 1 of 1

JOHN JONES
1643 DUNDAS ST W APT 27
TORONTO ON M6K 1V2

Statement period	Account No.
2023-10-09 to 2023-11-08	00005- 123-456-7

Date	Description	Ref.	Withdrawals	Deposits	Balance
2023-10-06	Previous balance				0.55
2023-10-14	Payroll Deposit - HOTEL			694.81	695.36
2023-10-14	Web Bill Payment - MASTERCARD	9885	200.00		495.36
2023-10-16	ATM Withdrawal - INTERAC	3990	21.25		474.11
2023-10-16	Fees - Interac		1.50		472.61
2023-10-20	Interac Purchase - ELECTRONICS	1975	2.99		469.62
2023-10-21	Web Bill Payment - AMEX	3314	300.00		169.62
2023-10-22	ATM Withdrawal - FIRST BANK	0084	100.00		69.62
2023-10-23	Interac Purchase - SUPERMARKET	1559	29.08		40.54
2023-10-24	Interac Refund - ELECTRONICS	1975		2.99	43.53
2023-10-27	Telephone Bill Payment - VISA	2475	8.77		35.76
2023-10-28	Payroll Deposit - HOTEL			694.81	731.57
2023-10-30	Web Funds Transfer - From SAVINGS	2920		50.00	781.57
2023-11-03	Pre-Auth. Payment - INSURANCE		33.55		748.02
2023-11-03	Cheque No. - 409		100.00		648.02
2023-11-06	Mortgage Payment		710.49		-62.47
2023-11-07	Fees - Overdraft		5.00		-67.47
2023-11-08	Fees - Monthly		5.00		-72.47
	*** Totals ***		1,515.63	1,442.61	

- Credit / debit cards

- Passport (if you have one)

- Keys to your
  - House
  - Car

- Anything else that is important to you.

  This could be :
  - Jewellery
  - Photos

- Photocopy all your important documents in case you lose the original
- Keep the photocopies in your safe place

Make a list of everything you will take with you here:

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

A few weeks before you leave

- Think about who you should give this Safety Plan to

- Tell that person what you are going to do

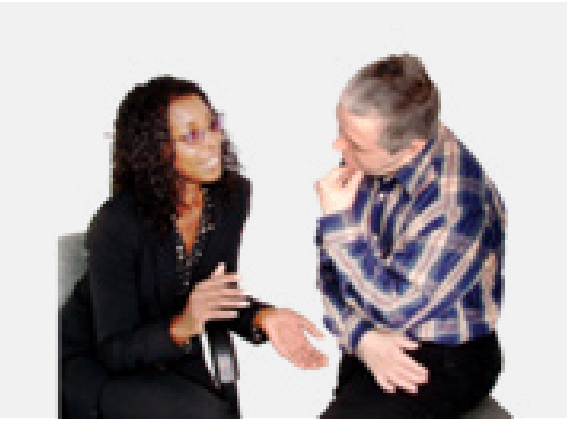
- Give that person a copy of your Safety Plan

- Think of a word you can both remember
- This will be the word you use to tell the person when you are leaving
- Keep that word a secret

Put your **Escape Bag** in a safe and secure place.

Let the person you trust:

- Know where you have hidden the bag
- How you are going to get to your safe place:
  - Public transport
  - Taxi
  - Drive
  - Something else?



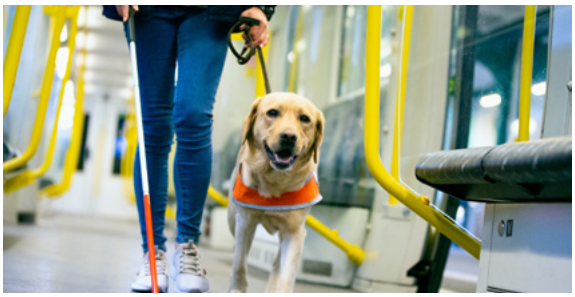
When you leave

If you can, take with you:

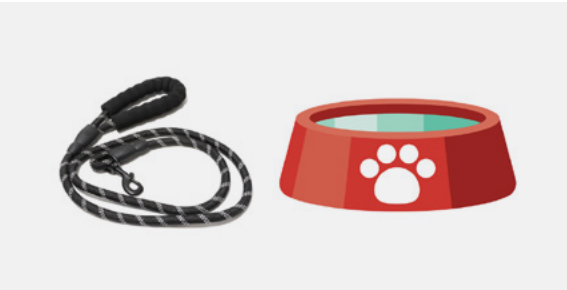
- Any aids or equipment you use

- The medicine you take

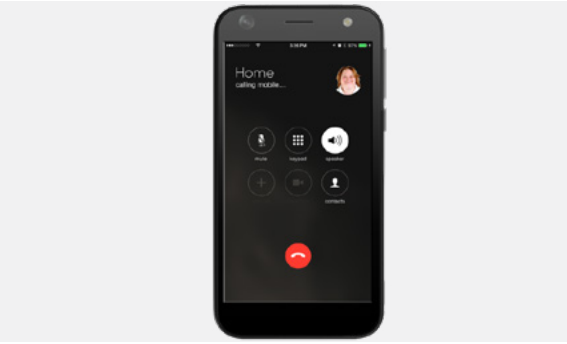
- Your assistance animal



- Your assistance animal's leash and bowl



Ring or text your trusted person



Say or text the secret word

Let the person know:

- Exactly the time you are leaving
- How you are getting to your safe place:
  - Bus

    or
  - Taxi

    or
  - Car

    or
  - Something else?

Take the **Escape Bag** from the hiding place.

Leave with your **Escape Bag**.

If you are planning to stay

There are things you can do to keep safe if you decide to stay.

Some ideas:

- Make a list of the things the **perpetrator** does to make you feel scared or unsafe
- If you think the **perpetrator** is going to do any of the things on the list or hurt you:
  - Lock yourself in a safe room

  - Lock the rooms and drawers with things that could be used to hurt you

    or

  - Hide the things that could be used to hurt you.

    This might be:
    - Knives

    - Scissors

Let your neighbours know if they hear:

- Loud noises

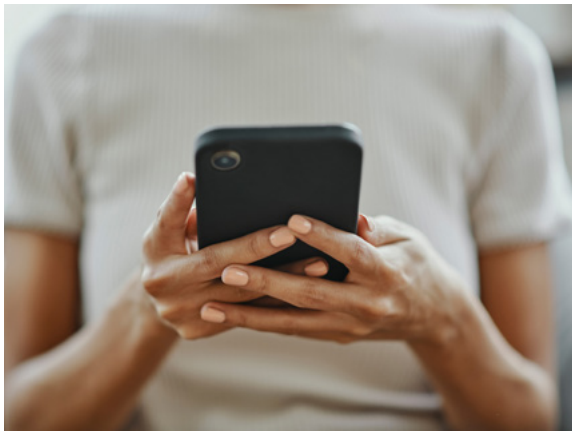
  or

- Screams

to call the police on 000

Keep your mobile phone with you all the time, so you can call for help, if you need to.

If you are in danger, ring/text the person you trust and use the secret word.



Ask them to call the police on 000

or

Safe Steps on 1800 015 188

What happens when the person is violent?

Write your answers here.

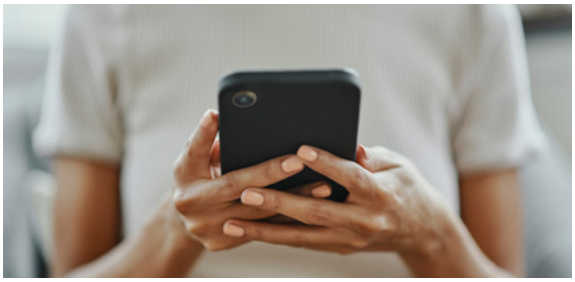
How will you stay safe?

To keep myself safe, I will:

What to do when you are somewhere safe

If you use a computer or an iPhone:

- Block the perpetrator.
  To block calls:
  - Open your Phone app
  - Tap More
  - Tap Call history
  - Tap the number you want to block
  - Tap Block / report spam.
- If you are on Facebook or other social media block the perpetrator.
- Change:
  - All your passwords
  - Your email address



Do you have a shared bank account?

If you do:

- Contact your bank and get a new bank account

Do you get Centrelink benefits?

- Let Centrelink know your new address and bank account details

CENTRELINK

If you are an NDIS participant:

- Remove the **perpetrator** from your NDIS plan if they are a **Plan Nominee**

You can do this by:

- Contacting or get someone to help you to contact the National Contact Centre on 1800 800 110
- National Contact Centre workers will let people at the NDIS know to remove the **perpetrator** from your Plan

NDIS

When I am living in a safe place I need to:

Write your answers here.

Practice your Safety Plan to make sure it works, before you need to use it.

Notes

Word List

Block	If you don't want to get calls from a certain person, you can stop it. The phone calls will be declined automatically.
Escape Bag	A bag with the things you need, when you leave the unsafe place.
Initiative	Program.
Family and Domestic Violence	It is a behaviour that is violent, that makes you or your family feel scared or unsafe. The person doing this could be: • A family member or • Someone caring for you or • Other people you live with
Italics	Words where the letters lean to the right.
Neglect	Not looking after something or someone.

Perpetrator	Someone who has done something very bad. This could be a: • Crime • Violent act • Harmful act
Permission	Allow.
Refuge	A safe place for people to live if they have experienced family or domestic violence. The address is a secret.
Safe Mobile Phone	A safe mobile phone is the phone that the perpetrator does not know you have.
Toiletries	Things you use to clean and get ready for the day. Things like a hairbrush and comb, hair shampoo and conditioner, toothbrush and toothpaste, soap, deodorant, sanitary items (pads and tampons).
Verbal	Saying something.
Violence	It is any behaviour that meant to hurts someone or something.

Thank you to Reinforce Self Advocacy for their contribution in the development of this booklet, we would also like to thank Photo Symbols for their accessible images you have seen through out this booklet.

1800 015 188

safesteps.org.au