

**Making a safety plan to help you stay safe when you are experiencing domestic violence is important.**

## Here's how you can make a safety plan

1. **Keep a torch** and some batteries stashed away so that you can grab them if you need to.
2. **Organise a bag** with important belongings:
  - Favourite toy
  - CD
  - IPOD
  - Birth certificate
  - Diary
  - Clothes
  - Spare medication
  - Anything that is important to you.
3. **Keep this in a hidden place** but somewhere you'll remember, so that you can take this bag with you when you leave.
4. Think about the **people you trust** that could help you when you need to get out. **Write down their names and phone numbers** and keep this list in a special place for when you need to call for help.
5. You may want to **talk to someone you trust**, i.e. Nana, and think of a code word to use so that when you call Nana she will know you need help. For example, 'Nana I can't find my 'red socks' would you know where they are?' or 'Nana could you help me with my homework next week?' A code word could be anything, just as long as you and the person you're calling know what it means and that it doesn't attract attention from the person you are trying to get away from.
6. **Find out where the nearest safety house is in your area.** Safety houses are safe homes you can go to where the people will help you to contact Police or find some other way to help you to be safe.
7. If you are seeking information such as this on the internet, be careful when doing this on the home computer as people can see what you've looked at if they know how to search a computer's history. **Safer places to research information would be at your local library, school or a trusted friends place.**
8. **Practice this plan regularly** so that you can improve it where needed.

## Need some more help?

If you think you need help with this plan ask someone you trust to help you such as, a grandparent, the school counsellor, a teacher or a trusted adult. Call **1800 RESEPCT (1800 737 732)** for help making a safety plan if there is no one you know who you can trust. You can also call Southern Domestic Violence Service **8382 0066** between 9am and 5pm Monday to Friday.