

## Keeping Safe

- ♀ Keep a cell phone with you. Even a prepay phone with no money can be used to call 111 or 0800 REFUGE
- ♀ Set up a code with friends and family so they can tell if you are in danger and can ring the Police
- ♀ If you have pets that you are worried about, talk to a refuge about how you can keep them safe
- ♀ To stop a violent person from checking your phone calls using redial, press a few numbers on the phone after you have finished a call
- ♀ Plan and practise an escape route from the house. Plan a safe time to leave, and how you will get away
- ♀ Talk to Women's Refuge about how to get a protection order. Lawyers can help you get court orders so you can stay in your home

- ♀ Make sure the GPS on your cell phone is turned off prior to leaving
- ♀ Get your own keys for the house and car and your own bank account
- ♀ Help your children understand what is going on – not too many details, but they do need to feel reassured. Women's Refuge can provide guidance on how to have a discussion with your children

*It's OK to go back & still ask for help. Women often make several attempts to leave before they are able to live free from violence.*

## If you have separated and you still fear for your safety

- ♀ know you can call your local Women's Refuge if you need ongoing support
- ♀ report protection order breaches to the Police
- ♀ make the area around your home as safe as possible by changing the locks, getting outside lights, repairing damaged windows, trimming underneath bushes and trees so you can see if someone is hiding
- ♀ speak to your phone company about changing your phone number
- ♀ have your address and phone number removed from public access
- ♀ tell Work and Income, your employer, landlord, schools, doctor and others to keep your details confidential.

## Record Useful Contacts

You can call  
**0800 REFUGE (733 843) 24/7**

My local refuge

Doctor

Lawyer

Police Station

School

Child, Youth and Family

EMERGENCY - POLICE 111



**WOMEN'S  
REFUGE**

**0800 REFUGE (733 843)**

[www.womensrefuge.org.nz](http://www.womensrefuge.org.nz)  
email [info@refuge.org.nz](mailto:info@refuge.org.nz)

Our services are free and confidential and include a 24-hour phone line, safe houses, information and home visits. We advocate and support you to find services you need and provide education and support groups for women and children.

This Safety Plan has been printed with the support of the Ministry of Social Development. For more information about available services check out the National Directory at [www.familyservices.co.nz](http://www.familyservices.co.nz).

It's not OK family violence  
info line 0800 456 450.

NCIWR FVIP006 June 2012



**WOMEN'S  
REFUGE**

**Safety  
Plan**  
*First Steps  
to Safety*

## Is it violence?

### Does your partner or someone in your whānau/family...

- ♀ put you down, and call you names?
- ♀ blame you for the violence?
- ♀ threaten you, the children or others?
- ♀ say they'll take the children?
- ♀ follow and check up on you all the time?
- ♀ get jealous and angry easily?
- ♀ control your money and friendships?
- ♀ force you to have sex or do degrading things?
- ♀ hit, choke, push, slap, burn, kick, shout at you?
- ♀ isolate you from friends or family?
- ♀ use weapons to harm or threaten you?
- ♀ threaten to kill you, the children or himself?

## Do you feel...

- ♀ like you are going crazy?
- ♀ like you are walking on eggshells?
- ♀ confused, depressed, frustrated, anxious?
- ♀ alone and isolated?
- ♀ afraid for your children?

» If you are experiencing domestic violence it will get worse over time if nothing is done to stop the violent person.

The following pages offer you ways to keep yourself and your children safe.

» Violence affects women at any age, with or without children, regardless of ethnicity, sexuality, income or education.

» The most dangerous time for women and children is when the relationship breaks up or the woman says she is leaving. Make a safety plan and talk to an advocate, BEFORE you leave.

If you are in danger you can call Women's Refuge 24/7 on 0800 REFUGE.

If you are in immediate danger call the Police on 111. The Police can also put you in touch with your local Women's Refuge.

## Safety Planning

You don't have to have a safety plan in place if you need to leave urgently. You can call Women's Refuge or the Police for immediate assistance.

If you are not ready to leave but your situation is scary, having a safety plan can help make it safer for you and your children.

Leaving can be a stressful but necessary time for you. Try and prioritise some self care and support from your friends so that you feel emotionally prepared.

## Setting up a Safety Plan

Pack a bag that you can keep with a friend or family member. Have in it:

- ♀ protection order
- ♀ medicine
- ♀ birth certificates
- ♀ passports
- ♀ clothes
- ♀ toiletries
- ♀ children's toys
- ♀ spare cash/ATM card
- ♀ drivers licence
- ♀ bank details
- ♀ any important documents
- ♀ important phone numbers
- ♀ loved items.

If you can't take the original get a photocopy.

*You are not alone - Help is available. You can live free from violence, Kia kaha, kōrero mai.*