



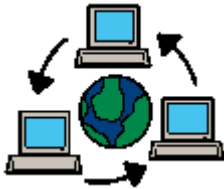
Are you a victim of family violence?

You need a safety plan.

You and your family have a right to feel safe.

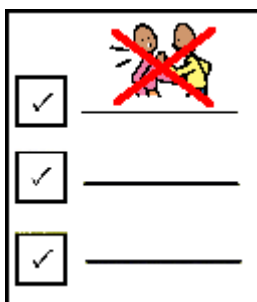


Phone Police 000



Websites www.asksomeone.org.au

www.tellsomeone.org.au



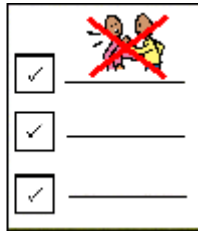
Make a safety plan if

- a person who uses family violence is hurting you
- you plan to leave a person who uses family violence
- you have left a person who uses family violence.



People to put in your safety plan

- children
- other family



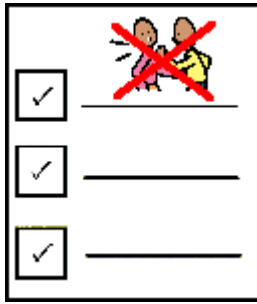
Make sure your safety plan is up to date.

Check your plan every month.



Put the items from your safety plan in a plastic box.

Give the plastic box to the person you trust.



What to put in your safety plan



1. Emergency phone numbers



- **Police**

Phone 000



- **24 / 7 Women's Domestic Violence Crisis Service**

Phone (03) 9322 3555

Free call phone 1800 015 188



2. A person you trust

For example, a friend, a neighbour or a family member.

- Save the person's phone number in your mobile phone
- Choose a **code word** to use when you need to ask for help



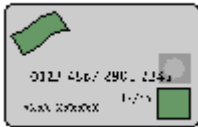
3. Know a safe place you can go

- Know how you will get there in an emergency



4. Money

- Have some cash ready
- Have cards ready. For example, ATM card, credit card
- Know your bank details



5. Medicine



- Put medicine in a box or bag
- Have scripts ready for you and your children



6. Mobile phone

- Try to get a new mobile phone
- Keep your phone away from the person who uses family violence
- Keep your children's phone away from the person who uses family violence

- Set your phone and your children's phones to
 - **block my number**. People you call do **not** see your number
 - use **caller ID**. Your phone shows who calls you
- Have a phone charger ready
- Have a phone card ready



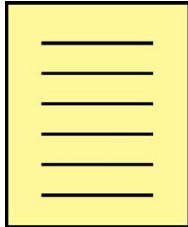
7. Technology

Technology means phones and computers.

- If the person who uses family violence uses a computer, do **not** use it
- Make a new
 - email account
 - instant messaging account. For example, msn, Twitter, Facebook
- Change your passwords and pin numbers
- Do not put information on social networks. For example, Facebook, Twitter
- Tell your children and family about the danger of putting information on social networks

- Do not open attachments from
 - people you do **not** know
 - the person who uses family violence

Ask a person you trust to help you with technology.



8. Documents

You need to have ready

- Centrelink card
- Medicare card
- Intervention Orders or Family Court Orders
- Drivers licence
- Birth certificate
- Passport
- Marriage certificate



You also need to have ready

- Citizenship papers
- Mortgage
- Rental agreement
- Insurance policies
- Will
- Tax File Number
- other legal documents



Make copies of your documents and give the copies to the person your trust.



Keep your documents together. For example, put your documents in a plastic folder.



9. Clothes

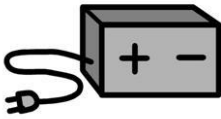
Pack your clothes and your children's clothes.



10. Keys

Have a spare set of keys for your

- house
- car
- office



11. Equipment

If you need equipment, have ready

- wheelchair charger
- spare wheelchair battery
- information on how to use equipment
- communication aids



12. Children

If you have children, have ready

- their favourite toy
- 2 or 3 more toys
- 2 or 3 books
- bottles and dummies



13. Pets

If you have pets, have ready

- pet carrier or lead
- food and water
- toys
- medicine and scripts



Made by the Southern Metropolitan Region

Integrated Family Violence Executive.

Easy English made by the Communication

Resource Centre, Scope. www.scopevic.org.au.

December 2011.

Mayer Johnson says we can use their Picture
Communication Symbols.