

Safety Plan

My code word: _____ My safe contact: _____

Warning signs:	If I can't leave, I can:	If I decide to leave, I can:
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. Increased abuse or tension	3. Wait and plan my next move	3. Call or go to the Police

Emergency bag checklist	
<input type="checkbox"/> Copies of important documents	<input type="checkbox"/> Passport or drivers licence
<input type="checkbox"/> Cash, debit or credit cards	<input type="checkbox"/> Medication, prescription glasses, hygiene products
<input type="checkbox"/> House and car keys by the exit	<input type="checkbox"/> Phone and charger (if safe)
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

My safety exit strategy:

The safest door to exit from:

The two routes I can take:

I can call these people for help:

1. _____	PH: _____
2. _____	PH: _____
3. Ambulance or police	Ph: 000 (triple zero)
4. 1800 RESPECT	Ph: 1800 737 732
5. Kids Help line	Ph: 1800 55 1800
6. 13 Yarn	Ph: 13 92 76

Finish these sentences to identify your boundaries:
To calm the situation down, I will give my partner what they want until:

I know I am unsafe and have to act when:

To protect my personal and mental wellbeing, I will:

Notes:

A series of horizontal dotted lines for writing notes.