

## **Safety Planning**

### **If you are considering leaving your abuser**

- Establish four places you can go when you leave
- Who will help you leave?
- Who can you leave a bag of important items with?
- Who will lend you money?
- Do you have a safety plan for your pets?

Disable GPS on phone and social media accounts. Change your daily routines (where you buy groceries, how you get to work). Open a new bank account/credit card. Do you have a safety plan for your children? Leave as quickly as possible and do not tell the abuser.

### Have you left your abuser?

- Have a support person you can turn to
- Get a protection order from the court: [Family Law Protection Orders BC](#)
- Memorize and practice your safety plan
- Tell someone at work about what has happened
- Create a safety plan for work
- Tell the people who care for your children who is allowed to pick your children up
- Change your locks

### What to bring

- Money, keys, extra clothes
- Medicine
- Important papers- birth certificates, SIN, school and medical records, banking information, driver's licence, address book.
- Passport
- Permanent residency card
- Personal protective orders/ divorce papers
- Sentimental items for your children

If you suspect that a friend or family member is in an abusive relationship, please call Nelson Police Department at 250-354-3919 or Victim Services at 250-505-5657.