



Safety At Home (if not living with the abuser)

- I can change my door locks, have extra locks installed and put locks on windows. Completed _____ (date)
- I can ask trusted neighbours (if they know my ex-partner) to inform me if they see him anywhere near to my home.
- I can apply for the Sanctuary scheme to be installed at my property Completed _____ (date)
- I can call fire brigade for home fire safety checks, install smoke detectors and buy fire extinguishers for each floor of my home Completed _____ (date)
- I can install an outside lighting system that lights up when someone approaches my home. Completed _____ (date)
- I can get a security system e.g.
Burglar alarm (installed) _____
Homelink alarm from police (installed) _____ (due for removal) _____
Community alarm (installed) _____
- I will always ensure that I am clear which is the quickest escape route (dependent on where we are in the house), and will share this with my children.
- I will teach my children to dial 999, or to phone a friend or someone close by
- I will always use 141 before I make a call, but better still I will call 150 (Customer Services for BT) so my landline number can be withheld at all times.
Completed _____ (date)
- I will tell the people who care for my child/ren, who has permission to pick them up and that my partner is NOT allowed to. I understand that if my partner has parental responsibility then I will have to get a court order to stop them from being allowed to collect the children from school/nursery.
- I will inform the following people:
School _____
Nursery/Childminder _____
Babysitter _____
Teacher _____

And _____

Others _____

- I can apply for a Non Molestation Order to protect myself from future aggression from my abuser. Completed _____ (date) Order expires _____(date)
- I can apply for an Occupation Order to protect myself from future aggression from my abuser. Completed _____ (date) Order expires _____(date)
- I will keep copies of these court orders safe in case I need them in an emergency I will keep them _____
- Other agencies who I have given a copy of my court orders are:
_____ (local police station)
_____ (police domestic violence unit)
_____ (advice worker/support worker)
- I will tell (and give a copy of) my employer, my friends, my family, children's school etc and others that I have a court order.
- If my court order gets destroyed, I know I can go to the court in which it was made and get another copy.
- If my abuser violates the protection order, I will call the police and report it. I will call my solicitor, my advocate, counsellor, and/ or tell the courts about the violation.
- If the police do not help, I will call my advocate or my solicitor
- I will change my mobile phone number and my landline number
- I can block the abuser and only answer calls from identified known numbers, this can be done through a specific app that can blacklist/whitelist or by deleting all numbers associated to them including their family & friends and not answering withheld or unknown numbers
- I will get an answer phone to screen calls
- I will ask for number-withheld calls to be barred from my landline
- I will explain to my children that it's important to keep where we live confidential
- I will stop using joint accounts and close them as soon as is possible - Some banks may let you close a joint account but if there is an overdraft or in debt you may only be able to freeze it.