

Safety during a domestic violent incident

- I can tell _____(neighbours) about the abuse and ask them to call the police if they hear sounds of a violent attack, coming from my house.
- If violence and abuse is occurring, or is likely to occur, I can move to _____(a room with easy access to an exit). Don't go to the kitchen, bathroom or near possible weapons.
- The quickest/safest route out of my home is _____

- I have practiced escaping in this way
- The quickest/safest route out of my workplace is _____

- I have practiced escaping that way.
- I have taught my child/ren to use the telephone to call 999 in an emergency.
- I will carry change for a pay phone, and my mobile phone at all times and ensure that there is always credit so I can ring for help in an emergency.
- I will keep a small amount of money on me in case I need to leave quickly
- I have told my child/ren to get out of the room/leave the house/run to _____ for help in an emergency.
- I will use this code word/sentence _____ for my children, friends, or family to call for help.
- If I decide to leave, I will go to _____
- I will keep my purse and car keys _____ in order to leave quickly.
- I can pack an emergency bag and leave it at _____ so I can leave quickly.
- It is important I survive the incident.