

☺ Plan and practise an escape route from the house for you and your children. Plan a safe time to leave, a safe route to take, and a way to get there (taxi, bus, Refuge van). Arrange to meet at a public place like outside the Police Station or Community Centre.

☺ Get your own keys for the house and car, and your own bank account.

☺ Talk to Women's Refuge about a Protection Order and sorting out day-to-day care of the children and contact arrangements. Lawyers can help you get court orders that allow you to stay in your home and/or use the furniture.

☺ If your life is in danger and you need to move to another city or country, Women's Refuge and the Police may be able to help.

☺ If you have a Protection Order and the violent person keeps being violent, threatens or contacts you, call the Police every time. If the Police don't take action, ask for the Police, Family Violence Coordinator, or make a complaint.

☺ You can also call your local Women's Refuge.

☺ Help your children understand what is going on. They don't need to know the details, but they do need to feel reassured. It might also help them to talk to a Child Advocate.

**It's OK to go back to ask for help. Women often make several attempts to leave before they are able to live free from violence.**

☺ Make the area around your home safer. Change the locks, get outside lights, repair damaged windows, trim underneath bushes and trees so you can see if anyone is hiding in them etc.

☺ Have your address and phone number removed from public access eg confidential phone number (Directory Services won't give it out), unpublished Electoral Roll (get details removed from council registers). Tell Work and Income, your employer, landlord, schools, doctor, etc to keep your details confidential.

## USEFUL PHONE NUMBERS

**Women's Refuge**

**Doctor**

**Lawyer**

**Police station**

**School**

**It's not OK 0800 456 450**

[www.areyouok.org.nz](http://www.areyouok.org.nz)

**Child Youth and Family**

0508 FAMILY [326 459]

**EMERGENCY - POLICE 111**

## Women's Refuge in your community

Our free and confidential services include a 24 hour phone line, emergency accommodation, information, home visits, advocacy/support at Police, Lawyers, CYF, Courts, Work and Income etc, referrals, education and support groups for women and children, and information for support people and professionals.

Women's Refuge operates more than 50 safe houses throughout Aotearoa/New Zealand including kaupapa Māori, Pasifika and Refuges for Asian, migrant and refugee women and children.

To contact your local  
**Women's Refuge**  
check under "W"  
in the White Pages  
or visit  
[www.womensrefuge.org.nz](http://www.womensrefuge.org.nz)  
[info@refuge.org.nz](mailto:info@refuge.org.nz)

Originally produced by the National Collective of Independent Women's Refuges. Reprinted by the Ministry of Social Development. For more information about available services check out the National Directory at [www.familyservices.co.nz](http://www.familyservices.co.nz)

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## Women's Refuge Safety Plan



## First Steps to Safety

## Is it violence?

### ***Does your partner or someone in your whānau/family...***

- ☉ Put you down, constantly criticise or call you names?
- ☉ Blame you for the violence and tell you you're crazy
- ☉ Threaten to hurt you/kill themselves/report you/take your children away?
- ☉ Follow and check up on you or repeatedly email/call/text you?
- ☉ Get jealous or angry easily?
- ☉ Not let you have any money or friends?
- ☉ Force you to have sex or do degrading things?
- ☉ Hit, choke, push, slap, burn, kick, shout at you, or throw things?

These are power and control tactics used by abusive people to control their partners or whānau/family members.

### ***Are you feeling...***

- ☉ Often on edge like walking on egg-shells?
- ☉ Confused, depressed, frustrated, or anxious?
- ☉ Tired of trying to keep the peace?
- ☉ Alone and isolated?
- ☉ Worried that the violence stops you being the Mum you want to be?
- ☉ Fearful for yourself or your children's lives?

Did you answer yes to any of these questions? Violence can involve psychological, emotional, financial, physical and/or sexual abuse. The violence will get worse over time if nothing is done to stop the violent person.

Violence affects women at any age, with or without children, regardless of ethnicity, sexuality, economic circumstances or education.

**You are not alone. Help is available. You can live free from violence. Kia kaha. Korero mai.**

## What can I do ?

### **STOP, THINK, PLAN.**

**STOP** putting it off, hoping it will change.

**THINK** about what you want out of life for you and your children.

**PLAN** for a safe future.

**WARNING:** *The time of greatest risk for battered women and their children is immediately after they decide to leave the violent person. If you are in danger call the Police on 111. The Police can put you in touch with your local Refuge.*

## Safety Planning

Safety plans can help you have some control over the situation.

But, if the time is right, just leave. It doesn't matter if you haven't made a plan, or don't have your things with you. You will know what is best. Trust your instincts.

If you're not ready to leave yet, you can still make it safer for you and your children.

## Setting up your Safety Plan

☉ Pack a bag that you can keep with a friend or whānau/family member, including:

- Protection Order
- Medicine
- Birth certificates
- Passports
- Clothes
- Toiletries
- Children's toys
- Spare cash/ATM card
- Drivers licence
- Bank details
- Other important documents eg insurance, residency etc.
- Important phone numbers
- Your loved and treasured items like photos or jewellery.

If you can't take an original document – get a photocopy.

☉ Keep a cell phone with you. Even a pre-pay with no money on it can be used to call 111.

☉ If it's safe, talk to your friends and neighbours. Set up a code with them so they can tell if you are in danger, and ask them to ring the Police.

☉ To stop the violent person checking your phone calls using redial, pick up the phone and push any number afterwards.

☉ To hide your phone number from someone's Caller Display if dialling from a Telecom or Vodafone phone or mobile, dial 0197 before the phone number. If dialling from a TelstraClear phone, dial \*32 before the phone number.