

Safety Plan for Parents & Child/Children

(Currently under review)

Name: Name of children or others included in the plan:  
Address : Car make and model: Rego number:  
Phone Number: Any current Court Orders:  
Date of Safety Plan:  
Date for review:

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| **What do you do to keep yourself / children safe?** |
| Things to consider:  What is already in place and working well?  Will/do you call Police for assistance?  Have you notified the school, childcare or kinder :  Have you provided copies of Court Order to relevant services?  What do you do when you notice a change in the perpetrators behaviour?  What will you do if he takes your car keys?  Have you told your neighbours and let them know you want them to call police etc…..  Do you have a code word to privately alert a trusted person that you are in danger? |
| **Safety around your home** |
| Is it safe to stay at your home?  Check environment around the house (do windows/doors lock etc)  Do you have lockable security doors (do you need locks changed?)  Think about security cameras, sensor lights etc  Ask neighbours to take notice of anything suspicious  Let people know if/when you go away  Think about an evacuation plan if needed. |
| **Supporting people and services** |
| Include all current support services and schools.  Include emergency, local and 24 hr state/national wide contact numbers/webchat info  **For example:**   * **Emergency services 000** * **Life Line ph. 13 11 14** * **Beyond Blue 1300 22 4636** * **1800 RESPECT 1800737732** * **Men’s Line 1300 78 99 78**   **Do you have a trusted person you can talk to when you don’t feel safe?**  What is their address and contact number?  Can you leave personal documents with them? (eg birth certificates etc)  **Name 3 people that the children feel safe with and they can go to for help**  1)Name:  Address: Contact Number:  2)Name:  Address: Contact Number:  3)Name:  Address: Contact Number:  **If appropriate, teach children how to call emergency services and provide their address** |
| **What will you do if you have to leave your home in an emergency?** |
| Do you have a place to go when you don’t feel safe?  Where is it?  How will you get there?  Does the perpetrator know where this place is?  Have they followed you there before?  What will you do if they turn up?  Do you have a bag ready in case?  What will you do with your pets? |
| **Workplace safety** |
| Have you notified a trusted manager about your situation?  Do you need to change email address, direct phone lines etc  Are there safety concerns between the car park and your office?  What can other staff do to support you if the perpetrator shows up? |
| **Do you have a computer, smart phone, online activities and/or social media?** |
| Has the phone or computer been at risk of spyware?  Talk about changing passwords to all online accounts (Centrelink, school apps etc)  Are the kids using online games and apps?  Deactivate accounts or check privacy settings on social media accounts (don’t check in to places, make sure location settings are turned off etc) |
| **Safety at community and cultural events** |
| - things like NAIDOC, local community gatherings |
| **What could go wrong with the safety plan?** |
| * Talk about the limitations and options to the victim * Advise and plan what the victim should do if something does go wrong. |
| **Are there any other concerns you have?** |
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| **How can your worker support you with this safety plan?** |
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| **Other notes** |
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