

# Making a Safety Plan



*A personal safety plan is a way of helping you to protect yourself and your children. It helps you plan in advance for the possibility of future violence & abuse. It also helps you to think about how you can increase your safety either within the relationship, or if you decide to leave.*

*You cant stop your partners violence and abuse- only they can do that.*

- Plan in advance how you might respond in different situations, e.g. crisis.
- Think about the different options that may be available to you.
- Keep with you any important & emergency telephone numbers (e.g. Women's Aid Dundalk 24-hr helpline 042-9333244, Gardai, your G.P; your Social Worker if you have one, your children's school, your solicitor.
- Teach your children to call 999 in an emergency & what they would need to say e.g. full name, address & telephone number.
- If you have neighbours that you trust tell them what is going on and ask them to call Gardai if they hear sounds of a violent attack.
- Rehearse an escape plan, so if there is an emergency you & the children can get away safely.
- Pack an emergency bag for yourself and children and hide it.
- Try and keep a small amount of money on you at all times for transport
- Try and keep your mobile phone with you and have a wireless charger
- If you suspect that your partner is about to attack you, try and go to a low risk area of the house – e.g. one with an exit and access to a phone. Avoid the kitchen/garage where there are likely to be weapons