or from a friend's house or personal papers. Leave the	other safe location. 2. Have an emergency bag ready, it should include items su bag in a safe place. 3. Save money over time and keep it in a safe location. 4. Kego and how you'll get there. 6. Protect your communication (be careful with socing).	ch as extra clothes, keys, and copies of important eep prescription medications handy. 5. When you leave,
MY LIST OF SAFE CON	ITACTS	MY PERSONAL CHECK LIST
NAME	TELEPHONE NUMBER, EMAIL, ADDRESS	☐ I have talked to a professional and
1.		sought professional advice. My safe contacts are aware of what
2.		my situation is. I have talked to them and they support me.
3.		At least one of my safe contacts has a copy of my personal safety plan
4.		and a copy of my personal documents.
MY LIST OF EMERGENCY NUMBERS (Police, Shelters, Doctor, Lawyer, Local Service Providers, Helplines, etcetera)		My list of safe contacts can be trusted. They will not tell others or
NAME	TELEPHONE NUMBER, EMAIL, ADDRESS	gossip.
1.		I have made my list of emergency numbers and know what they can do
2.		to assist me. I have made copies of important
3.		documents and have them in a safe location
4.		My documents include copies of birth certificates, health cards, and
5.		status cards for myself and children
6.		Other documents I have copied include social insurance numbers, driver's license, marriage license,
7.		care ownership and insurance, lease or mortgage documents, passports,
8.		school records, welfare documents, divorce or court order documents.
WHERE TO GO (Hav	ve several options, list address, phone number, contact	Still more documents that I have
person and how to		copied include credit cards, ATM
Option 1	<u> </u>	cards, bank account records, life
SHELTER		insurance papers, my personal will and testimony
Option 2		I have also added other documents
FRIEND		that are important to me but not listed above.
Option 3		I have saved money over time by
RELATIVE		stashing small amounts away I have made an Emergency Bag and
0 11 1		it includes extra clothes, keys, and
Option 4		copies of my important documents.
OTHER		☐ I have talked with my children about
OTHER THINGS I NEED TO PLAN FOR		the situation and they know how to
1.		respond in an emergency.
2.		I have made a plan of where to go
3.		when I leave.
4.		I have made a plan of what to do in
	JSE THE BACK OF THIS SHEET IF YOU NEED MORE SPACE. MAKE COPIES OF THIS SAFETY PI	case of emergencies.

Having a personal safety plan is important for a variety of reasons. Family violence and domestic violence situations can pose risks for every member of the family. Leaving an abuser can be dangerous. This template was created for you to collect the information you need on one sheet of paper. Some practical advice is

DATE:

PERSONAL SAFETY PLAN

NAME: