



## **PLANNING YOUR SAFETY IN THE HOME**

### **Regarding your house/apartment**

- Keep bushes and trees trimmed so no one can hide in them.
- Create an emergency room in your home (put a lock on the door and have a phone in that room, prop a chair under the door handle or use a doorstopper if there is no lock)
- If your abuser lived with you previously, rearrange furniture so the home is harder to navigate without making noise, thereby alerting you of their presence.
- Be aware of all entrances and exits to your home or building
- Change your locks and install a deadbolt on each of the doors
- Make sure all windows are locked and that sliding glass doors are blocked with a dowel (wooden block or rod).
- Make sure there are locks available for sliding glass doors that prevent them from being lifted out of the doorframe.
- Make sure your street address is well lit and clearly visible for emergency calls.
- Install a peephole so that you can see who is at your door
- If you come home and something is out of ordinary (i.e., door is ajar) do not go in. Leave or go to a neighbour's and call the police.
- Be very cautious about who you give a new address to
- If you live in a building or complex, remove your name from the residence listing
- If you have an assigned parking space, ask if you can change spots so your abuser does not know where your car will be
- Check the backseat and underneath your car before getting in it
- Do not sit in your vehicle in parking lots or garages for extended periods of time
- If you live in an apartment, be mindful of who is in the hallway when getting out of the elevator. Steer clear of stairwell doorways where someone could jump out of.
- If you live in an apartment have building management disable all FOB (electronic) access that your partner might have if they still have a set of keys



- When leaving the home to do a task outside (i.e. check the mail, take out garbage, etc.) always ensure to lock the doors. If the accused has been watching the home/your movements and knows you're distracted outside this could quite possibly be their way to gain entry.

### **Regarding your phone**

- Ask your telephone service provider what is available for your safety (call block, call privacy, unlisted number, answering service, etc.)
- Change your cell phone number if the abuser knows your current one
- Make sure your home phone is connected before moving into a new place
- Use \*69 to trace hang-up calls or \*57 for the police to trace on your behalf (on landlines only)
- Be very cautious about who you give your new phone number to
- If you have call display on your phone limit the access to your call history / erase your call history so the abuser cannot redial numbers
- Have a prerecorded anonymous voice message system that does not identify you by name

### **Protective measures**

- Get a security system installed (alarm, cameras, etc.)
- Install outdoor lights with a sensor so they will turn on automatically
- Ask the officer in charge of your case if you can have a Special Address System (this flags your address for 911 operators)
- Inform landlord, neighbour, superintendent that the abuser is not residing there and if they see the abuser to call you or the police.
- Always have your home and car keys in your hand or easily accessible in a pocket when you are entering the home or leaving; do not keep them buried at the bottom of a large bag or purse.
- Be careful what you put into the garbage; purchase a shredder for confidential documents with identifying information
- Change your email address and be careful of who you give it out to
- Do not identify your first or last name in your e-mail address