

PLANNING YOUR SAFETY IN THE HOME

- Keep bushes and trees that can be used to hide in trimmed back
- Ask your telephone service provider what is available for your safety (call block, call privacy, unlisted number, answering service, etc.)
- Make sure your phone is connected before moving into a new place
- Use *69 to trace hang-up calls or *57 that the police can trace on your behalf (both these services have a cost)
- Be aware of all entrances and exits to your home or building
- Change your locks and make sure you have a good dead bolt
- Make sure all windows are locked and that sliding glass doors are blocked with a dowel. There are locks available for sliding glass doors that prevent them from being lifted out of the doorframe.
- Install outdoor lights (sensor)
- Get a security system
- Purchase a ladder to use from second story windows (also good in case of fire)
- Ask the officer in charge of your case if you can have a Special Address System (this flags your address for 911 operators)
- Create an emergency room in your home. (put a lock on a bedroom door or bathroom and have a phone in that room, prop a chair under the door handle)
- Get a dog
- Inform landlord, neighbour, superintendent that the abuser is not residing there and if they see the abuser to call you or the police
- Install a peephole so that you can see who is at your door
- Make sure your street address is clearly visible and well lit for emergency calls

- Always have your home and car keys in your hand when you are entering your home or leaving
- If you come home and something is out of the ordinary i.e. a door is ajar, do not go in. Go to a neighbour's or a payphone and call the police
- Be very cautious about who you give a new address or phone number to
- If you live in an apartment building, do not put your name on the residence listing in the lobby
- If you have an assigned parking space, ask if you can use another spot
- Be very careful about what you throw out in the garbage (get a shredder)
- If you have a computer online service and the abuser knows your e-mail address, change it and be careful of who you give it to

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