

PLANNING YOUR SAFETY DURING A VIOLENT INCIDENT

- Make and practice a plan to get out of the home or other place(s) where violence might occur
- Develop some excuses to leave the home i.e. need groceries, visiting a friend, etc.
- Know what doors, windows, elevators, stairwells are available for use
- Know the quickest route out of your home
- Determine which rooms are dangerous (kitchen has knives) and move out of them
- During an incident, know which rooms are safer and offer an escape route
- Keep a phone near you at all times
- Get extension phones
- Get a cell phone
- Keep your keys and purse in a place that you can access quickly
- Keep extra car keys in an accessible place
- Back your car into the driveway and make sure there is always gas in it
- Tell neighbours/co-worker/teacher or some person you trust to call the police if they think you are at risk
- Develop a visual code or verbal code to let others know to call the police
- Keep clothes, money, medications or other things you may need in an emergency at a friend or family member's home
- Ask a friend or neighbour for a key to their home in case of emergency
- Memorize or keep the number of a 24-hour crisis line or shelter
- If an assault is occurring, curl up in a ball and cover your head neck and ears
- Take a self-defence course