

SAFETY FROM FAMILY VIOLENCE INFORMATION SHEET

While Living With an Abuser

- Stay out of rooms with no exit
- Avoid rooms that may have weapons
- Select a code word that alerts friends and children to call police
- Leave suitcase and checklist items with a friend
- Keep an Emergency Kit in a secret/safe place
- Keep a record of all incidents

Once the Abuser has Left

- . Seek Competent Legal Advice
- . Obtain an **Emergency Protection Order (EPO)**
- . Change locks on ALL doors and windows
- . Insert a peephole in the door
- . ALWAYS look through it BEFORE you open the door
- . Change phone number, screen calls, block Caller ID
- . Install/Increase outside lighting
- . Consider getting a dog
- . Inform landlord or neighbour of situation and ask that the police be called if abuser is seen around the house
- . Have friends check in with you on a regular basis
- . Develop code words to use to have a friend or neighbour call the police (suggestion: "Gee, weather looks stormy")
- . If you have a security system, change the passwords immediately
- . Change any shared passwords for ATM cards, for computer or email access, or any other thing that is password protected
- . Once you have obtained an EPO, make copies and keep them with you at all times

Further Steps to Take at Work

- . Tell your employer
- . Give security at work a photo of abuser
- . Screen your calls
- . Have an escort to your car or home
- . Vary your route home
- . Carry a noisemaker or personal alarm
- . Consider a cell phone

Protecting Your Children

- . Plan and practice escape route with your children
- . If it is safe, teach them a code word to call the RCMP
- . Let a neighbour know what is happening and make plans for your child to go there in an emergency
- . Let school staff know to whom children can be released
- . Ask school to notify you immediately if children are not in school and you've not informed them that they are absent with reason
- . Give school personnel a photo of abuser

**RCMP: 983-0123, National Domestic Violence Hotline 1-800-799-SAFE
(7233)**

An Emergency Kit might contain the following:

- . Driver's Licence (copy)
- . Children's Birth Certificates
- . Your Birth Certificate
- . Marriage License
- . Copies of custody papers
- . Social Security Card
- . Welfare Identification
- . Medical Insurance Cards
- . Copies of necessary telephone numbers
- . Bank information
- . Credit Card - that is not jointly controlled by the abuser
- . Money or ATM Card
- . Savings Books
- . Check book
- . Lease, Rental Agreement, or Deed to House/Properties
- . Car Registration & Insurance Papers
- . Health and Life Insurance Papers
- . School and Shot Records
- . Medical Records for You and Your Children
- . Work Permits/Green Card or Visa
- . Passport
- . Divorce Papers
- . Custody Papers
- . Extra set of Keys to House and Car
- . Medications for You and Your Children
- . Small Objects to Sell
- . Jewellery
- . Address Book
- . Phone Card
- . Pictures of You, Children, and Your Abuser
- . Children's Small Toys
- . Toiletries/Diapers
- . Clothing - at least one change of clothing for each person

Leave the Emergency Kit with a friend or neighbour that you can trust

Other Steps to Take

- . Open a savings account in your own name.
- . Get your own post office box so you can receive mail and checks
- . Plan who to stay with or who would be able to lend you money during a crisis
- . Contact the shelter or Wellness Center for help in safety planning and keep the phone number with you at all times
- . **Know where the emergency shelter is:**

Family Violence Shelter
3 Okalik Street
Phone: 983-5232

Community Wellness Center
13B Omingmak
Phone: 983-4670

