

How Can I Leave Safely?

Many women have found that the level of domestic violence increases at the time of separation. Your ex-partner may feel he is losing control over you because you are making your own choices. He may try to exert more control at this time, which will increase the danger for yourself and/or your children.

If you have fears for your safety you may want to consider making a safety plan to use in case you need to leave in a hurry.

Safety plan

- Talk confidentially with someone about your decision to stay, or to leave.
- Decide who you will call if you feel threatened or in danger, and keep their telephone numbers in a safe and handy place.
- Decide where you will go if you need a safe place.
- Identify the people who can support you when you feel vulnerable.
- Decide what arrangements you will make to ensure the safety of your children.
- Save some money for cab or bus fares for emergency transport to a safe place.
- Keep an extra key to your house and car.
- Hide a change of clothing for you and your children.
- Pack all the medications you need.
- Know where all your important papers and records are so that you can find them in a hurry.
- Consider keeping some clothing, medications, important papers, keys, and some cash at a friend's house.
- Practise travelling to the location that you have chosen as a safe place.
- If possible, obtain legal advice before you leave.

- ❑ Consider talking to police even if you do not wish to take out a protection order, so they are aware of your circumstances.

 - ❑ Remember telephone and computer safety:
 - 1800 numbers do not show on your home telephone bill but STD numbers do. You can call Women's Infolink on 1800 177 577 who can transfer you directly to other numbers. 1800 numbers do however, show on your mobile telephone bill.
 - The redial number can be pressed by him to dial the last outgoing call. If you are concerned about this, dial another number after you make a call.
 - Some telephone systems can tell you the telephone number of the most recent unanswered caller. If there are people or agencies contacting you that you do not want your partner to know about, inform them about this and suggest that they have their telephone number blocked.
 - Your mobile phone may display the number you have just called. Find out if you can block this function.
 - Become familiar with the functions of your mobile phone so that you can avoid or change any functions that may affect your safety.
 - If you use the internet, your computer will keep a record of websites that you have accessed. The safest way to browse the internet is to use a computer at the library or a friend's house. If you use your home computer, find out how to delete the record of sites you have accessed.
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