

Personal Safety Plan

The following Personal Safety Plan can help you if you are ever at risk.

Staying in a relationship

If you choose to stay in the relationship you can:

- widen your support network by talking to people you trust
- keep your mobile phone charged and in credit
- if you fear an attack position yourself near a door and think of an escape route
- talk to your children, they can help in an emergency (e.g. by calling 999) but should **never** get directly involved
- if your children are frightened by what's happening arrange for a short stay with a friend or relative
- ask a friend or family member to phone/call to check up on you regularly
- have a spoken 'code' you can use on the phone to get help without your partner knowing
- talk to your neighbour and ask them to call the police if they ever hear sounds of distress
- prepare a bag with essential items (clothes, medication, copies of important documents (such as your driving license) and hide it somewhere safe
- make an extra set of car keys and hide them where you can get to them

Deciding to leave

If you decide that the best way to escape violence and fear is to leave an abusive relationship support is available. Leaving could be a dangerous time as your abuser may try to prevent you from leaving, prevent you taking your children or pursue you after you have left:

- you'll need to decide where you will go, if you don't have family or friends a [refuge](#) offers safe and secure accommodation for you and your children and can help you with issues around money, housing and legal advice
- will you be safe locally or will you need to move further away
- if you want to stay at home speak to the [Solihull Community Housing Options](#), they can install free home security whether you're a housing tenant or not
- an [injunction](#) can help protect you and your family and/or remove your partner from home. You may be entitled to [legal aid](#) to help with the costs
- if you're afraid you won't get away safely call the police by dialling 101
- be very careful to keep all arrangements and your new contact details secret, you should only tell people you trust (friends and family etc.) where you are
- contact your child's school and tell them who has permission to collect your children
- ask your employer to screen your calls
- plan a safe time to leave (e.g. when your home alone) and have a good reason (e.g. a doctor's appointment or meeting with your children's school)