

Personal Safety Plan

This safety plan is for women who are considering leaving an abusive relationship or are currently in one. It outlines important steps and items to prepare to help ensure your safety and the safety of your children.

1. Go-Bag Essentials

- Copy of your ID (and your children's)
- Health cards and birth certificates (copies or originals)
- Proof of income (tax papers, pay stubs)
- House and car keys (extras if possible)
- Essential medications
- Prepaid debit/credit card or cash
- Phone charger
- Change of clothes for you and children
- Written emergency contact list
- USB stick with legal and personal documents
- Comfort item (snack, journal, note to self)

2. Safe Word

- Choose a safe word or phrase with a trusted friend
- Ensure it's unique and not easily recognized by your partner
- Practice using it and test their response to confirm readiness

3. Secure Documents

- Scan and save digital copies of key documents
- Store originals in a safe deposit box or at a trusted location
- Backup copies on USB or secure cloud drive

4. Emergency Shelter Options

- List of local women's shelters
- Friends or trusted contacts who can house you temporarily
- Legal aid contact information
- Emergency housing support numbers
- Plan for transportation (own car, transit, ride)

5. Digital Safety

- Use incognito mode while browsing
- Regularly clear browsing history and cookies
- Set up a new secure email from a safe computer
- Get a prepaid phone if possible
- Log out and secure social media accounts
- Assume all electronics may be compromised

6. Temporary Safe Spaces

- Identify where you can go for a few days
- Consider camping, friends, or community groups
- Write down shelter contact numbers and locations
- Keep a fuelled car or bus fare handy

Emergency Numbers

- Police: 911
- ShelterSafe.ca: <https://www.sheltersafe.ca/>
- Kids Help Phone: 1-800-668-6868
- Legal Aid Ontario: 1-800-668-8258