

Things I can do to increase safety in my relationship	Notes /Completed
I will plan and practice emergency exit routes, or routes to a safe place within my house (rooms without windows are not safe)	
I will have a small escape bag for myself and another for my children readily available with spare keys, some cash, important papers such as financial documents (mortgage, lease etc) passports, and prescriptions, as well as a change of clothes and a favourite toy for comfort	
I will make a list of important contact numbers such as local DV crisis and counselling services including DV Connect, work contacts and the local police	
I will talk to a trusted friend or relative about what is happening in my relationship and we will create a code word that I can text them if I need their help	
I will leave with them spare keys to the house and photocopies of important documents	
I will consider talking to my neighbours about the situation and I will discuss with them when they should call the police for me	
I will consider speaking with my employer about the situation to ensure my safety in the workplace	
I will teach my children to call 000 and how to leave the house safely and where to go to get help	
I will buy a diary that I keep in a safe place or with a trusted friend or relative or download a safety app and record dates and details of incidents, photographs of injuries, and anything else that I might need to prove incidents	
I will regularly clear my internet search history on y computer	
I will seek support from friends and family or counselling.	
I will medical assistance for any injuries and have them documented	