

Things I can do to live safely once I leave	Notes /Completed
I will continue to document important information in my diary such as breaches of a Domestic Violence Order or attempts my ex-partner makes to get me back	
If a Domestic Violence Order is not in existence, I will speak with police, my Regional DFV service, a solicitor, or the Court to arrange for an application for an order to be made	
I will speak with my employer about the situation and the conditions of any Domestic Violence Order. I will ask my employer to assist with developing a safety plan that will keep me and all other employees in my workplace safe. This may include: responses to telephone calls or visits from my ex-partner, changes to work hours, or undertaking new roles.	
I will speak with my children's day-care centre or school and advise them of any Family Court orders (and provide copies) that may be in existence and if necessary, work with them to develop a safety plan to ensure the safety of my children	
I will keep a photo of my ex-partner in my purse so I can show people what they look like if required for my safety	
I will change my routine as much as possible so I am not 'predictably' at any location	
I will avoid going places the same shops, bank or takeaway store etc that I normally attend.	
I will park in a safe, well lit place where there is a lot of traffic when visiting the shops, work, or at my children's school	
I will organise to get my mail redirected through Australia Post or I will change my address with important places such as my bank, Centrelink, Medicare, work, etc. to the address of a person I trust or a post office box address	
I will ask the above agencies and any other agencies that I hold accounts with, including schools or day care centres, to ensure that my information is kept private including addresses and phone numbers	
I will make a list of household accounts in my name such as electricity, telephone, internet and cancel these accounts when I leave	

Things I can do to live safely once I leave (Continued)	Notes /Completed
I will contact my real estate agent or the Residential Tenancies Authority on 1300 366 311 to have my name removed from the lease one I move from the house	
I will change my mobile phone number so that my ex-partner does not contact me, or attempt to coerce me into returning. I will set my phone so that my number is not displayed when I call out	
I will consider using a different SIM card to make contact with my ex-partner about children or custody issues	
I will deactivate my Facebook page so that my ex-partner and any mutual friends are unable to track my movements	
I will change all passwords and generate a new email address that is had to trace	
I will consider having a computer technician check my compute for spyware or keystroke logging programs	
Once I am settled in a safe place, I will arrange for sensor lights, window and door locks and gates to be installed (funds for this purpose are available through some DFV services)	
I will ask a trusted friend or relative to that I can call or visit to support me and help me remain strong so that I am not tempted to return to my ex-partner when times are tough	
I will attend counselling to support you to address the trauma of my relationship and help me build the strength I need to move forward and to learn skills that will allow me to have healthy relationships in the future	
My Notes	