

Don't wait to get help. Without intervention things usually get worse for you and your children.

THERE IS HELP AVAILABLE.

There are many women like you who are living with or have lived in a violent relationship. It is common for women and children who experience abuse to feel totally powerless and alone.

YOU ARE NOT ALONE.

Talk to somebody about the violence and the decisions you have to make or are not sure about yet. If you have fears for your safety you might consider making a safety plan to use if you have to leave in a hurry.

THERE ARE PEOPLE TO HELP YOU PLAN FOR YOUR SAFETY.

YOU CAN CALL THESE SERVICES FOR FURTHER HELP:

NQDVRs	07 4721 2888
The Women's Centre	07 4775 7555
DV Connect (24 Hrs)	1800 811 811
NQ Women's Legal Service	07 4772 5400

Responsibility

Acts of Domestic Violence and the outcome of those acts are the **SOLE** responsibility of the person who commits them.

NQDVRs

- ◆ Information and referral
- ◆ AARDVARC program for children
- ◆ Resources
- ◆ Court Support
- ◆ Choosing Safety Upgrades program
- ◆ Men's Behaviour Change Program
- ◆ SAFE Dads Program

TOWNSVILLE OFFICE

PO Box 6061, Townsville QLD 4810
Phone: 07 4721 2888 Fax: 07 4721 1794
nqdvrs @nqdvrs.org.au

1st Floor, Metway Arcade, 390 Flinders Street, Townsville

MOUNT ISA OFFICE

Po Box 502, Mt Isa QLD 4825
Phone: 07 4743 0946 Fax: 07 4743 7999
minqdvrs@nqdvrs.org.au
The Old Court House Building, Isa Street

<http://www.nqdvrs.org.au>

Against Violence #7



Safety Plans and Strategies for Women in Domestic Violence Situations



"Women who have been exposed to domestic violence have a greater risk of developing health problems including stress, anxiety, depression, phobias and medical symptoms."

World Health Organisation 2000

NQDVRs
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Hints for your safety

If you are unable to leave an abusive relationship at present, you may try to increase your safety whilst you remain. Decide where to go if you need a safe place such as family members, friends or a woman's shelter. Consider keeping a spare set of keys to the house/car, your passport or other ID, and a change of clothes at a friends house.

- ◆ Let "supportive" persons know about the violence, tell family, friends and neighbours;
- ◆ Let your children know what to do in an emergency (where to go, who to phone, eg. The police and ambulance). You may like to approach this as if it is a fire drill.
- ◆ Keep important documents in a safe place so you can take them with you if you need to leave in a hurry.
- ◆ Have a place in mind where you and your children can go quickly if necessary.
- ◆ Listen to your 'early warning signs': when you get the feeling that something is going to happen, try and get out of the situation and get to somewhere safe.
- ◆ If possible have an excuse prepared so that you can leave quickly if your

AFTER LEAVING A VIOLENT PARTNER:

- ◆ When you leave you can ask the electricity board, Telstra, etc. to keep your forwarding address confidential.
- ◆ Tell others about what has been happening, so they can look out for you and your children. Ask the school to let you know if he turns up there.
- ◆ Consider whether a personal alarm would be useful in your situation.
- ◆ Use an answering machine to screen calls

Safety Plan Check List



I have

- * a safe place to go to
- * have essential documents in a safe place
- * have copies of important documents at a friend's place
- * an emergency plan
- * put away emergency money
- * talked to the children about what to do in an emergency
- * asked neighbours to call the police when he is violent
- * have spare keys to the house/ car in a safe, easy accessible place

Telephone Safety Hints

- * If your partner has access to your phone and you or someone else in the house has just called a phone number, then your partner can use the redial button to find out who you have just been talking to.
- * Remember also that STD calls are itemised on phone bills.
- * Apply for a telephone number under a different name or apply for an unlisted number and be careful of giving the number to others. Silent numbers protect your safety, as the phone book and electronic call white pages display your details, eg. Address, etc.
- * Be aware if making a reverse charge the silent number will appear on the bill of the person telephoned. A pre-paid phone may be more secure, as there is no statement of calls.
- * Be aware that on some phones it is possible for a person you are calling to see the number you are dialling from. Dial 1832 before you make a call or request Telstra to put a block on your telephone number.
- * Telstra can offer multiple phone numbers on your existing service- incoming phone calls on each line could have a different ring. If an ex-partner is abusive when phoning for child access this service may be used so only the children would answer the phone on the second line. Or consider a mobile phone which is only switched on at the times you wish contact to be at. At other times an answering machine/message bank may be used. Abusive messages can be used as evidence for breaches of Protection Orders.
- * Telstra advises that threats on life or property should be reported immediately to the police. It is possible to request a trace to be put on threatening phone calls. Have a pen and paper handy to write the exact words stated and time of call.
- * Passwords and pins are handy for stopping someone from accessing your mobile phone, however do not only rely on them for security as they are not full proof.
- * GPS can be used on your phone to locate you. Due to this it is recommended that you do not leave your GPS on and turn off any devices or applications that show your location.
- * It may also be possible to block or reject certain numbers from your phone, it is a good idea to check