

# Safety Plan

When I need support, I can ask these people:  
(names and phone numbers)

When I need someone to come help me or call  
the police, I can use my code words, which are:

If I need transportation in an emergency, I can  
contact this person who has a car

If I need a safe place to go I can go to this place:

If I need to get to work/school without being  
seen, I can go this way

- If I need to leave home in a hurry, I will remember to take: Identification for myself and my children – driver's licence, birth certificate, 18+ card, immigration documents, passport, etc
- Cell phone and charger
- Cash/eftpos card/credit card
- Restraining order/protection order
- House keys/car keys
- Laptop/tablet/kids movies
- Clothing and supplies for my children – bottles, nappies, footwear, etc
- Medications for myself and my children
- Other \_\_\_\_\_