

Safety Tip of the week

23/04/2021

Before and After you leave a Domestic or Family Violence relationship

Before you leave

It's easier to leave a dangerous situation if you have a clear plan. Follow these steps when preparing to leave.

In an emergency

- If you are in danger call 000
- Go to a safe place. Safer places in your home are where there are two exits and no hard surfaces.

How to keep children safe

- Seek advice on how to talk to your child about domestic violence and how to include them into your safety plan
- Make up a code word with your children for when you need help
- Teach children how to dial 000 and practice what to say. "My name is ____ . My address is ____ and my mum is being hurt." Tell children not to hang up the phone so services can hear what is happening and find you.
- Tell your children which neighbour, friend or relative they could run to for safety or contact in an emergency

Make a plan to leave

- Get a new Prepaid SIM Card with credit to use in your phone or have coins for a phone box
- Keep your bank account details private or open a new account so your abuser does not have access to your finances
- Use a public computer (e.g. library or community centre) or a friend's computer that your abuser can't access
- Keep a bag packed so you can easily take it with you. Hide it where you can get to it easily, or leave it with a trusted friend.
- Decide who you will call if you feel threatened or in danger

After you leave

When abusers feel a loss of control, like when victims try to leave them, the abuse often gets worse. Take special care and seek support.

Get a Intervention Order (IO)

- Get a Family Violence Intervention Order from the court. Include your workplace and children in it. Keep a copy with you all the time.
- Advise your children's carers who is allowed to pick them up. Give a copy of the Intervention Order to police, your employer, your children's carers and school.

Security at home and work

- Tell friends and neighbours that your abuser no longer lives with you. Ask them to call the police if they see your abuser near your home or children.
- Advise work about your situation and ask them to screen your calls and block your emails. Give a copy of the Intervention Order and a picture of the abuser to your workplace.
- Change the locks on your house and car. Consider installing stronger doors, a security system and outside lights.

Keep your details private

- Change your mobile number and have it set on 'private' by your provider
- Get a P.O. Box for important mail or keep your home address private
- Don't use the same stores that you did when you were with your abuser
- Ask government agencies like centrelink, medicare, gas, electricity, law firms, doctors, schools, hospitals etc to keep your details private.

Stay private online

- Change your email address. Avoid using any personal details as the account name.
- Have a computer technician check your computer for spyware programs.
- Delete your Facebook account and your kids' accounts. People can accidentally reveal your whereabouts and social circles without realising they have done so.
- Keep a neighbour's phone number to call in an emergency

