



Creating a Safety Plan

When the time comes to leave an abusive relationship, it's important to have a safety plan in place. Counselors at Kelowna Women's Shelter can help, and are available 24-hours-a-day at 250-763-1040. If you, or someone you know, is in immediate danger, call 911.

When planning to leave an abusive relationship, here are some questions to ask yourself:

- What strategies have I already tried and did they work?
- How did my partner react?
- What is the time frame for creating, and acting on, a new plan?
- What personal and public resources can I benefit from?
- What will I say if my abuser catches me preparing to leave?
- What are the best ways to get out of the house safely?
- Should I talk to a neighbour and tell him or her to call police if they hear suspicious sounds?
- Should I set up a code word with my children to tell them to go to a safe place if my abuser is being violent?

Keep a purse or wallet nearby at all times with keys to your car, home and office, bank cards and credit cards, health care cards, social insurance card, driver's licence, photos of your children and abuser, and cash. If you have to leave quickly, grab this bag as you leave.

If you have time to prepare, here are suggested items to pack:

- Clothing
- Special toys and comforts for your children
- Meaningful photos
- Bank card and banking information
- Medication and medical/vaccination records for you and your children
- Copies of important documents for you and your children
- Lease/rental or mortgage agreements
- Divorce papers
- Custody papers
- Restraining orders
- Marriage certificate
- Work permits
- Passport and birth certificates
- School records
- Credit cards or photocopies of credit cards
- Health care cards
- Extra copies of keys
- Cash



24 Hour Help Line
250-763-1040