

Emergency Planning

- ☐ If you call 911, note your location first before other details to ensure officers are dispatched if you get disconnected.
- ☐ If you're leaving, take your children with you if you can. If you try to get them later, the police cannot help you remove them from the other parent unless you have a valid court order signed and directed by a judge.
- ☐ Take your pre-packed bag (see plan below)

If you call police/911, know that Police follow a Mandatory Charge Policy and do not need your consent to charge your (ex)partner with domestic violence.

Creating an Escape Plan

An Emergency Escape Plan focuses on the things you can do in advance to be better prepared in case you have to leave an abusive situation very quickly.

- ☐ Identify a safe place you can go in case of an emergency (friend, family, shelter, hotel)
- ☐ Call shelter crisis line to learn more about safety planning.
- ☐ Do not tell your partner you are leaving – leave quickly
- ☐ If you are injured, go to a doctor, emergency room or clinic and report what has happened to you. Ask them to document your visit.
- ☐ Have a back-up plan if your partner finds out where you are going
- ☐ Consult a lawyer. Keep any evidence of abuse such as photos, videos, texts, emails and letters documenting threats to you and your safety. Keep a journal of any abusive incidents, noting dates, events, threats and any witnesses.
- ☐ Remember to clear your phone of the last number you called to avoid your (ex)partner utilizing the redial option.
- ☐ If you have pets, plan ahead to make arrangements for them. Contact your local women's shelter to learn about possible options and resources for your pet(s).

- ☐ As a resource for further safety planning, contact your local shelter, police service, or victim services. You can let the staff know you intend to leave an abusive situation and ask for support.
- ☐ Request a police escort or ask a friend, neighbour or family member to accompany you when you leave.

The following is a list of items you should try to set aside and hide in a safe place such as with a friend, your lawyer, safety deposit box, work, etc. If you can't take the originals, try to get a photocopy/picture, or store it for electronic access:

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| ☐ Passports, birth certificates, immigration papers for all family members | ☐ Divorce papers, custody documentation, court orders, restraining orders, marriage certificate |
| ☐ School and vaccination records | ☐ Lease/rental agreement, house deed, mortgage payment information |
| ☐ Driver's license and registration | ☐ Tax information |
| ☐ Social insurance card | ☐ Banking information, including credit and debit cards |
| ☐ Health cards, hospital cards, and any medical records, including medications, prescriptions for all family members | ☐ Insurance papers |
| ☐ Contact information for OW or ODSP case worker | ☐ Contacts/Address book |
| ☐ Work permits | ☐ Photo of spouse/(ex)partner |

Try to keep the cards you normally use in your wallet/purse:

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|---|---------------------------------------|
| ☐ Social insurance cards | ☐ Bank cards |
| ☐ Credit cards | ☐ Health cards |
| ☐ Phone cards | |

Try to keep your wallet/purse handy and containing the following:

- ☐ Car/house/office keys
- ☐ Photo of spouse/(ex)partner
- ☐ Bank card, cheque book, bank statements
- ☐ Emergency money (in cash) hidden away
- ☐ Driver's license, registration, insurance
- ☐ Cell phone and charger
- ☐ Contacts/Address book

Keep the following items handy so you can grab them quickly:

- ☐ Emergency suitcase with immediate needs
- ☐ Items of special sentimental value
- ☐ Jewellery
- ☐ A list of other items you would like to take if you get a chance to go back to your home later
- ☐ Medications
- ☐ Special toys, comforts for children
- ☐ Small saleable items

Things you can do:

- ☐ Open a bank account in your own name and arrange that no bank statements or other calls be made to you. Alternatively, ensure that all documentation be sent to a family member or friend. Consider going paper-less.
- ☐ Consider getting a safety deposit box at a bank that your (ex)partner does not go to.
- ☐ Change your address with Canada Post and have your mail forwarded to your new address – make arrangements for change notice NOT to come to your present address. Consider a P.O. Box.
- ☐ Save and set aside as much money as you can.
- ☐ Set aside a small amount of cash you can quickly access for cab fare, telephone cards, etc.
- ☐ Plan your emergency exits. Think about safe areas of the house where there are no weapons and where there are at least two ways to escape.
- ☐ Plan and rehearse the steps you will take if you have to leave quickly, and learn them well.

- ☐ Decide and plan where you will go if you have to leave home even if you don't think you will need to.
- ☐ If the situation is very dangerous, use your own instinct and judgment to keep yourself safe. Call the police as soon as it is safe to do so.
- ☐ Hide extra clothing, house keys, car keys, money, etc. at a friend's house.
- ☐ Keep an emergency suitcase packed or handy/ready to pack quickly.

Arrangements can be made to have the police meet you at the home for the purpose of retrieving additional personal belongings safely.