

Safety Inserts Inventory

Standard Inserts (To be included in every booklet)

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|---------------------------------|--------------------------|--|--------------------------|
| 1. Victims Bill of Rights | ☐ | 10. Financial Assistance | ☐ |
| 2. In the event of an Emergency | ☐ | 11. Criminal Harassment (Stalking) | ☐ |
| 3. General Safety Tips | ☐ | 12. Mental Health | ☐ |
| 4. Creating a Safer Home | ☐ | 13. Using Drugs and/or Alcohol | ☐ |
| 5. Safety Products for the Home | ☐ | 14. Health Concerns | ☐ |
| 6. Assessing Your Safety | ☐ | 15. Emotional Safety Plan | ☐ |
| 7. Forms of Abuse | ☐ | 16. Red & Green Flags in Relationships | ☐ |
| 8. Technology & Social Media | ☐ | 17. Halton Resources | ☐ |
| 9. Legal: Criminal Court System | ☐ | | |

Optional Inserts (Include only those that apply to the situation)

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|---|--------------------------|------------------------------------|--------------------------|
| 1. Safety Planning with Your Child/Children | ☐ | 7. Safety for Older Adults | ☐ |
| 2. Child Safety Plan | ☐ | 8. Immigrants and Refugees | ☐ |
| 3. 2SLGBTQ+ | ☐ | 9. Honour and Shame Based Violence | ☐ |
| 4. People with Disabilities | ☐ | 10. Student Safety Plan | ☐ |
| 5. Supporting People with Disabilities | ☐ | 11. Rural Living | ☐ |
| 6. Legal: Family Court System | | | |

Sexual Violence Inserts

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| 1. HRPS Victim Services Information Guide for Survivors of Sexual Assault | ☐ |
| 2. Human Trafficking and Sexual Exploitation | ☐ |

Tips for using this tool

- 1) The language used throughout the inserts is gender neutral to be inclusive of all survivors of violence and those who are violent in their relationships. The inserts also refer to the person who is abusive as (ex)partner to recognize gender based violence happens in the relationship but also after the relationship has ended.
- 2) Currently the inserts are not translated into other languages. Peel Committee Against Woman Abuse offers their safety planning booklet in many languages at <https://www.pcawa.net/safety-planning-guide.html>.
- 3) Safety planning can be overwhelming to survivors during a very difficult time in their life. The inserts are formatted as a checklist, but all tasks are options to consider and you are not required to accomplish all. Instead begin with tasks that are manageable and most needed, and take on others as your situation changes. It is important to remember:
 - You are not to blame for the abuse or for your children's exposure to the abuse
 - You are not responsible for your (ex)partner's abusive behaviour
 - You cannot control your (ex)partner's violence, but it may be possible to increase your own safety as well as the safety of your children
 - Your safety and the safety of your children is always the most important thing
 - You are not alone. There are resources available in the community to provide support.

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