

YOU HAVE THE RIGHT TO BE SAFE

SAFETY PLANNING TIPS

HOW TO BE SAFE DURING A VIOLENT EVENT

If you are being hurt by someone you love, use the following safety plan tips to keep yourself and your children safe.

If an argument occurs, try to be in a place that has access to an exit; avoid bathrooms or kitchens that may have access to weapons.

Practice which doors, windows, or stairwells would be best to exit the home safely. Plan where you will go if you have to leave.

If able to get away during a conflict, go to a room where there is a phone and alternate exit; lock the door.

Devise a code word to use with children, family and friends when you need the police.

Identify a neighbour you can tell about the abuse and ask them to contact the police if a disturbance is coming from your home.

Trust your instincts and judgments. In dangerous situations, avoid 'hot topics' until the person is calm.

Have an extra set of keys and a packed bag ready; leave them in an accessible yet undisclosed location if you have to leave quickly.

Access outreach services for support and counselling. Contact the Wheatland Crisis Society at 403-934-6634 or 1-877-934-6634.



Wheatland Crisis Society