

safety planning: staying safe

at school

Safety getting to and from school:

- If you need to walk, can you have a trusted adult or friend with you?
- If you drive, can you take a different route? If you park at school, could you reverse park for a quicker exit?
- Is your phone on and charged at all times if you need to call for support or in an emergency? You would need credit on your phone and reception to contact a support person like a parent or friend, however **your phone will be able to dial emergency services (000) even in an area without reception and if you don't have a SIM card in the phone**

While you're at school:

- Can a friend walk with you to and from classes?
- Do you have any teachers or adults at school that you trust (chaplain, guidance counsellor, social worker, school nurse) that you could talk to about what is happening for you?
- Is there a part of the school that you can spend lunch times at that is well supervised by teachers?
- If you have a Domestic Violence Order (DVO), have you provided it to the school?

at home

- Can you keep doors and windows locked?
- Do you have a designated safe room in the home that you can go to, one that has a safe exit route?
- Do you have a contact list available for if you need to be in touch with a support person or emergency services?
- Are your family/roommates aware of what is happening in your relationship?
- If you drive and park in the driveway, could you reverse the car in for a quicker exit?
- If you need to leave home is there somewhere you can go that is safe/public/unknown to your partner?
- Do you have an agreed code word or an emoji that you can use with family and friends to alert them that you need help?

online



Online safety
checklist



Social media
checklist

Things to think about:

- Are your social media account settings private?
- Can you turn off location services for certain apps? (e.g. Snap Maps) and use location services to your advantage, e.g. allow safe trusted adults/support people to view your location
- Are you mindful of sharing your location? e.g. avoid posting that you are home alone or where you are
- Avoid accepting followers/friends of people you don't personally know (even if you have a lots of mutual friends)
- If you feel comfortable to do so, speak to your friends about what they post about you and how they include you on their social media, e.g. identifying your whereabouts
- Consider setting up a code word/emoji for your trusted support people to check in on you/call for help



emotionally

- Identify support people
- Identify support organisations (e.g. Kids Helpline, eHeadspace, DVPC)
- Identify useful coping strategies such as grounding exercises, deep breathing, journaling for when you are feeling down or anxious



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Prevention Centre

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