

# 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



Domestic Violence  
Prevention Centre

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