Personal safety plan

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If you find yourself the victim of domestic violence, and fear you and your child could have to leave home in a hurry, it is a good idea to have worked out an escape strategy in advance



Think through your options and decide what you will do – before the violence starts.

A safety plan is a list of things you can do to increase your safety. You will then be better prepared if you are subjected to domestic violence. The plan cannot guarantee your safety but can help to reduce your risk of being harmed.

You cannot control what the perpetrator of violence does. But you can protect yourself and your child from being subjected to violence.

If you are worried that the perpetrator of violence may find your safety plan, you can let someone else look after it for you. You can even try to remember it by heart, to prevent the perpetrator of violence from finding it.

To-do list

- Pack an emergency go-bag with the things you will need and hide it. See the next page for examples of things you might want to have in your bag.
- Ask a neighbour to call the police if they hear e.g. your partner becoming violent.
- If possible, remove any weapons from your home.
- Always keep your mobile phone with you and make sure its battery is charged.

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Things you should perhaps take with you if you leave your partner/abuser:

- Passport / birth certificates (for you and your child)
- Driving licence
- Bank account details (including your BankID code device), cash, credit card(s)
- Insurance policies and numbers
- Marriage certificate, copy of any restraining or domestic violence protection order, papers relating to separation/divorce and child custody
- Photo of your abuser for identification
- Baby's health card and health certificate
- Safety plan
- Medication
- A car available or money for taxi
- Toys and stuffed animals that are important for the child to have with them
- Mobile charger
- Fully charged Powerbank for charging your phone*

*** Tip:** many of the documents listed can be accessed digitally on your mobile phone. That the mobile phone has enough battery can thus be a decisive factor.

There are power banks that you can charge your phone with. You can get this at Elkjøp, Power and Clas Ohlson, among others.





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Crisis hotline / Church SOS:

Friends I can call for help:

Relatives I can call for help:

Resources

Emergency services:

Women's refuge:

Advice/guidance:

Legal aid:

General practitioner (*fastlege*):

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