

Your children's safety

If it's safe to do so, discuss safety with your child. Ask them to think about where they might go in an emergency and make sure they understand how to phone 999 if they need to.

It might be that there are friendly neighbours that they could approach or a special friend or relative who knows about the circumstances at home.

There is also a children's safety planning tool on our website that you could use to discuss this with them. It can be found at: www.idas.org.uk/theden

Your IDAS support worker can help you with further advice as and when you need it.



Useful contacts

IDAS Helpline: Barnsley and North Yorkshire
03000 110 110

IDAS Helpline: Sheffield 0808 808 2241
Website: www.idas.org.uk

National Domestic Violence Helpline
0808 2000 247

Website: www.womensaid.org.uk

LGBT+ Helpline 0800 999 5428

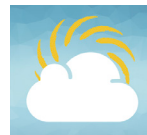
Mens Advice Line 0808 801 0327

Respect Phone Line - for people who are abusive towards their partners and want help to stop **0845 1228 609**

Childline 0800 999 5428

Police non-emergency 101

IN AN EMERGENCY ALWAYS DIAL 999



For information about safety when you're on the move, download the **Bright Sky App** to your phone.

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Your Safety Plan

Whatever the circumstances of your relationship, whether there is emotional, physical, sexual or financial abuse, a safety plan can be really helpful.

This leaflet will give you information about safety planning if you have left, are thinking about leaving or if you want to stay with your partner.

I still live with my partner

If you still live with your partner but are concerned about their behaviour please consider the following:

- Confide in someone about your situation - a friend, relative, colleague or neighbour. Someone who can give you some support and who you trust.
- If you've not already, seek professional advice - contact IDAS or a similar organisation.
- Teach your children to call 999 in an emergency and what they need to say (for example, their full name, address and telephone number).
- Identify a safe exit and use it if you feel an abusive situation is about to arise.
- If you cannot leave home, try to avoid risk areas such as the kitchen or garage where there may be knives when your partner is angry.
- Teach your children that it is not safe for them to intervene directly.
- Keep with you any important and emergency contact numbers.
- Pack an emergency bag for yourself and your children and keep it somewhere safe.
- Keep your mobile fully charged and with you at all times.
- Keep a diary of events, assaults, harassment, threats etc. and contact by phone or texts
- Plan in advance how you might respond to different situations, including crisis situations.
- Use your own instinct and judgement about a situation.
- Call the police if you are in danger.

I'm thinking about leaving...

If you decide to leave an abusive relationship it is best if you can plan this carefully. Sometimes the risk of violence increases if your abuser thinks you are about to leave. Plan to leave at a time when you know that your partner will not be around.

Take your children with you when you leave and wherever possible make sure you have a safe place to go before you leave. Call the IDAS Helpline or the National Domestic Violence Helpline for advice and guidance. You can also ask for a police officer to be present while you leave. Set aside a small amount of money each week in a separate bank or post office account.

Make sure you pack an emergency bag containing:

- Clothing and toiletries for you and your children
- Your children's favourite small toys.
- Some form of identification for you and your children, for example passports and birth certificates.
- Any documentation relating to the abuse – diaries, police reports, court orders and copies of medical records.
- Money, bank or post office books, child benefit or welfare books/cards.
- Prescribed medication for you and your children.
- Car and house keys.

I have just left...

It is your decision whether or not you tell people that you have experienced domestic abuse. However, if you still feel unsafe it might increase your safety if your

family and friends, your children's school/nursery and your employer or college know what is happening. You can ask them not to share information about you to your ex-partner. They will also be better able to support and help you. If you have left home, but are staying in the same town or area:

- Try to avoid places such as shops, banks or cafes that you used to use when you were together.
- Try to alter your routine as much as you can. If you have regular appointments, try to change the date, time and location if possible.

If the abuser comes to your door don't open it. Call 999 immediately. Do not make contact with your abuser or reply to any messages or texts. Consider changing the locks to your home. If contact with children has been arranged ensure there is a safe handover point.

Teach your children what to do if your abuser makes contact with them unexpectedly. Discuss rules about checking before opening the door, who is allowed in the house and how to deal with phone calls and keeping addresses confidential. Let them talk to someone about their experiences and feelings.

Your mobile can be 'tracked' and so can your Facebook account so think about changing these. Try to avoid using shared debit/credit cards or joint bank accounts. If statements are sent to your partner, they will see the transactions you have made. Make sure that your new address does not appear on any court papers.

If you need to phone the abuser make sure your call cannot be traced by dialling 141 before ringing. If you continue to experience harassment, threats or abuse, make sure you keep detailed records of each incident, including the date and time it occurred, what was said or done and, if possible, photographs of any damage or injuries. Tell the police and your solicitor immediately.