



Empowering survivors of

Gender-Based Violence

PERSONALISED SAFETY PLAN WORKBOOK

Your Personal Safety Plan

Important: This safety plan is for your use only. Complete as much as you feel comfortable with and keep it in a safe place where it cannot be accessed by the person causing harm.

A safety plan is not a commitment to leave. It is a practical tool that helps you prepare for situations that may arise and increases your options should you need them.

Trauma and stress can make it difficult to think clearly during a crisis. Having important information already written down can reduce panic and help you act more quickly.

Safety first: If the person causing harm may find this workbook, consider storing it in a secure location outside the home, such as with a trusted friend, family member, workplace, or other safe location. Only keep information that is safe for you to have in your possession.

SECTION 1: MY SUPPORT NETWORK

People I Can Contact for Help

List people you trust and who can provide practical or emotional support.

Name	Relationship	Phone Number	How they can help

My First Emergency Contact

Name: _____

Phone Number: _____

Available Day/Night? _____

SECTION 2: EMERGENCY CONTACTS

Emergency Services

Number: _____

Domestic Violence Support Organisation

Number: _____

Lawyer/Legal Support

Number: _____

Medical Practitioner

Number: _____

Children's School

Number: _____

Other Important Numbers

SECTION 3: EARLY WARNING SIGNS

Think about situations that often occur before abuse escalates.

Warning Signs I Have Noticed

- ☐ Increased jealousy
- ☐ More frequent criticism
- ☐ Increased controlling behaviour
- ☐ Monitoring my whereabouts
- ☐ Threats or intimidation
- ☐ Increased alcohol or substance use
- ☐ Isolation from family or friends
- ☐ Destruction of property
- ☐ Other:

When These Signs Appear, I Will:

- ☐ Contact someone I trust
- ☐ Leave the house temporarily
- ☐ Move to a safer area
- ☐ Arrange for someone to check on me
- ☐ Other:

SECTION 4: SAFE PLACES

Where can I go if I need to leave quickly?

Safe Location 1

Address:

Contact Person:

Phone:

Safe Location 2

Address:

Contact Person:

Phone:

Safe Location 3

Address:

Contact Person:

Phone:

SECTION 5: EMERGENCY ESCAPE PLAN

Safe Exits From My Home

Front Door ☐

Back Door ☐

Garage ☐

Window ☐

Other ☐

Details:

Transport Options

☐ Own vehicle

☐ Friend/family

☐ Ride service

☐ Taxi

☐ Public transport

☐ Other

Details:

My Nearest Safe Place

SECTION 6: CODE WORDS

Choose words or phrases that alert others you need help without alerting the abuser.

Code Word for Family

Code Word for Friends

Code Word for Children

What Should They Do If I Use This Code Word?

- ☐ Come immediately
 - ☐ Call me
 - ☐ Call emergency services
 - ☐ Arrange transport
 - ☐ Other:
-

SECTION 7: CHILDREN'S SAFETY PLAN

Important Information

Child's Name:

School:

Emergency Contact:

Safe Adults My Child Can Contact

1.

2.

3.

What My Child Should Do During Violence

- ☐ Go to a safe room
- ☐ Leave the house
- ☐ Go to a neighbour
- ☐ Call a trusted adult
- ☐ Call emergency services

Children should never attempt to stop violence or protect a parent.

SECTION 8: PET SAFETY PLAN

Pet Name(s):

Veterinarian:

Phone:

Emergency Pet Care Arrangement:

Who Can Care For My Pet?

Where Are Veterinary Records Stored?

SECTION 9: FINANCIAL PREPARATION

Emergency Funds

Current Amount Available:

Location Stored:

Banking Information

Private Bank Account:

- ☐ Yes
- ☐ No

Bank:

Important Financial Documents Located

- ☐ Bank Statements
- ☐ Pay Slips
- ☐ Tax Documents
- ☐ Insurance Policies
- ☐ Property Documents
- ☐ Vehicle Documents

SECTION 10: ESSENTIAL DOCUMENTS CHECKLIST

Personal Documents

- ☐ Identity Document
- ☐ Passport
- ☐ Driver's Licence
- ☐ Birth Certificate

Children's Documents

- ☐ Birth Certificates
- ☐ Passports
- ☐ Medical Records
- ☐ School Records

Legal Documents

- ☐ Marriage Certificate
- ☐ Divorce Documents
- ☐ Protection Orders
- ☐ Custody Agreements

Financial Documents

- ☐ Bank Records
- ☐ Insurance Documents
- ☐ Property Documents
- ☐ Vehicle Registration Papers

SECTION 11: DIGITAL SAFETY PLAN

Accounts to Secure

- ☐ Email
- ☐ Banking
- ☐ Social Media
- ☐ Cloud Storage
- ☐ Mobile Phone

Password Updates Completed

- ☐ Yes
- ☐ No

Two-Factor Authentication Enabled

- ☐ Yes
- ☐ No

Location Sharing Disabled

- ☐ Yes
- ☐ No

Devices That May Need Checking

SECTION 12: MY EMERGENCY BAG

Essential Items Packed

Documents

- ☐ Identification ☐ Passports ☐ Important paperwork

Clothing

- ☐ Change of clothes ☐ Comfortable shoes

Health

- ☐ Medication ☐ Medical information

Communication

- ☐ Mobile phone charger ☐ Power bank

Money

- ☐ Cash ☐ Bank cards

Children

- ☐ Clothing ☐ Medication ☐ Comfort items

Pets

- ☐ Food ☐ Leads ☐ Veterinary records

SECTION 13: BEFORE LEAVING

Tasks To Complete

- ☐ Gather important documents
- ☐ Secure personal records
- ☐ Save emergency contacts
- ☐ Prepare emergency bag
- ☐ Arrange accommodation
- ☐ Arrange transport
- ☐ Seek legal advice
- ☐ Inform trusted support person
- ☐ Develop safety plan

Additional Notes:

SECTION 14: AFTER LEAVING

Immediate Safety Actions

- ☐ Change passwords
- ☐ Change locks
- ☐ Update security measures
- ☐ Inform school or childcare facility
- ☐ Notify employer if necessary
- ☐ Continue documenting incidents
- ☐ Save threatening messages
- ☐ Seek legal advice

Additional Safety Measures

SECTION 15: MY PERSONAL COMMITMENT

I deserve to be safe.

I deserve to be treated with dignity and respect.

My safety and wellbeing matter.

I have the right to seek support.

I am not responsible for another person's abusive behaviour.

One small step I can take today is:

Date Completed: _____

Date Reviewed: _____

BONUS: Quick Tear-Off Emergency Card

Keep in your wallet, handbag, phone case, or vehicle.

Emergency Contact: _____

Safe Place: _____

Code Word: _____

Children's Emergency Contact: _____

Emergency Funds Location: _____

Important Reminder:

"If I feel unsafe, I will prioritise my safety and seek support immediately."