

YOU HAVE THE RIGHT TO BE SAFE

SAFETY PLANNING TIPS

HOW TO BE SAFE DURING A VIOLENT EVENT

If you are being hurt by someone you love, use the following safety tips to keep yourself and your children safe

If an argument occurs, try to be in a place that has access to an exit. Avoid bathrooms, or kitchens that may have access to weapons.

Practice which doors, windows, or stairwells would be best to exit the home safely. Make a plan for where you will go if you need to leave.

If you are able to get away during a conflict, go to a room where there is a phone and alternate exit; lock the door.

Create a code word to use with your children, family, and friends for when you need to call the police.

Identify a neighbour you can tell about the abuse. Ask them to contact the police in a event a disturbance is coming from your home.

Trust your instincts!
Trust your judgements in dangerous situations and avoid "hot topics" until the person you are with is calm.

Have an extra set of keys and a packed bag ready; leave these in an accessible, yet undisclosed, location for easy access in case you need to leave quickly.

Access our Outreach services for support and counselling. You can contact True North 24 hours a day at 403-934-6634 or 1-877-934-6634