

Women's Safety Plan

1. Trusted Contacts

Write down the names and numbers of people you trust. These may include close friends, family members, neighbours or colleagues.

2. Safe Places

Identify places you can go at any time if you feel unsafe. Examples include a friend's home, a relative's house, a police station or a public location.

3. Code Words

Choose simple words or phrases you can use with trusted people to signal that you need help. Make sure they understand what the code means.

4. Important Items

Prepare a small collection of essentials such as copies of documents, spare keys, a phone charger, medications and bank cards. Keep them in a safe or accessible location.

5. Safety During an Incident

Think of steps you can take to stay safe in the moment, such as avoiding rooms with weapons, staying near exits and keeping a charged phone nearby.

6. Safety When Leaving

If you are planning to leave, consider the safest time and method. Arrange transport, pack essentials discreetly and ensure someone knows where you are going.

7. Children's Safety

If children are involved, create a simple plan appropriate for their age. Identify who they should contact, where they should go and how to stay safe.

8. Digital Safety

Update passwords, log out of shared devices, disable location sharing and check privacy settings on social media and apps.

9. Emotional Grounding

List coping strategies that help you stay calm such as breathing exercises, affirmations, grounding techniques or contacting a supportive friend.

10. Support Services

Helpful services include: 1800RESPECT, NSW Domestic Violence Line, Lifeline, WDVCAS and Women's Legal Service NSW.

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