

# SAFETY TIPS



# SAFETY TIPS

You must think about your safety. Here are some tips to help you keep safe.



---

---

---

---

---



Talk to others  
about your  
safety.



If things do  
not feel right,  
be extra  
careful.



Do what you  
feel will keep  
you and your  
children safe.

---

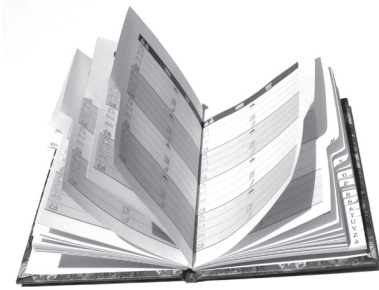
---

---

---

# SAFETY AT HOME

Keep a phone and important phone numbers close by.



POLICE: \_\_\_\_\_

FRIENDS: \_\_\_\_\_

\_\_\_\_\_

SHELTER: \_\_\_\_\_





Think of safe places in your home.



You can set up a safe room. Have a way to get out, a phone and a lock on the door.

---

---

---

---



Think of safe ways to get out of your home.



Plan a safe place to go if you need to leave your home.

---

---

---

---

# GETTING READY TO LEAVE



Think about papers and things you will need.



Hide them in a safe place if you can.

---

---

---

---



Do not tell  
the person  
who hurts  
you.



Talk to  
someone  
you trust.

---

---

---

---



Open your own bank account.



Try to keep some money in a safe place.

---

---

---

---





Ask Police  
to be there  
when you  
leave.



Have a safe  
place to  
stay, like a  
shelter.









---

---

---

---

# ITEMS TO TAKE WITH YOU

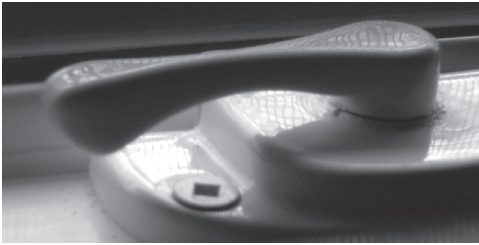
- Personal Identification - for you and any children with you (*birth certificate, driver's licence, health card, passport, social Insurance card*) 
- Address Book 
- Immigration Papers
- Custody Orders for children
- Keys (*house, car, office, mail box, garage*) 
- Money (*cheque book, debit card, credit card, bank book*)
- Bank Papers (*mortgage, loans or line of credit*) 
- Medicine 
- Lease/Rental Agreements, Property Deeds
- Things that mean a lot to you (*pictures, jewelry*) 
- Children's Toys and Blankets 
- Insurance Papers (*life, home, auto*)
- Car Ownership Papers
- Native Person Status Card
- Job/Pension Papers 
- Income Tax Papers

*Small items that won't be missed can be taken to trusted family, friend or neighbour.*

# IF YOU ARE LIVING ALONE



Change the house and garage door locks.



Lock your windows.



Lock your doors even when you are at home.

---

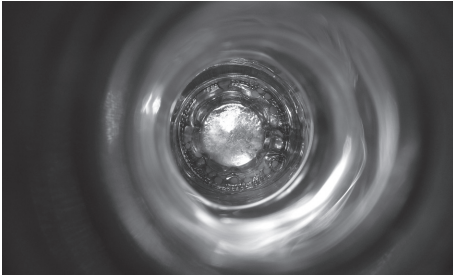
---

---

---



Check who is at your door before you open it.



Put in a peep hole.



Keep a phone near you.

---

---

---

---



Make sure  
you can  
see out all  
windows.



Leave a  
light on.



Have good  
outside  
lights.

---

---

---

---





Make sure people can see your house number.



Tell neighbours what is going on.



Have them call police if they see the person near your home.

---

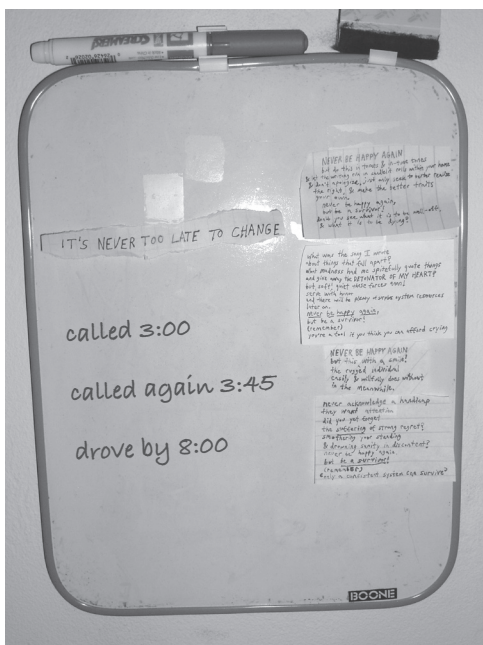
---

---

---



Tell Police if  
the person  
will not  
leave you  
alone.



Write down  
each time  
the person  
bothers you.

# IF YOU ARE NOT AT HOME



Try to stay where there are people around you.



Go out with friends.



Stay away from dark places.

---

---

---

---



Keep court papers with you.



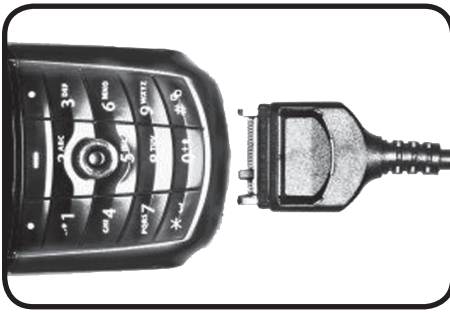
Watch for places to go if you need help.

---

---

---

---



Always  
keep your  
cell phone  
charged and  
with you.



If you call  
9-1-1 from  
your cell  
phone, **tell  
Police where  
you are.**



---

---

---

---





Tell people  
you spend  
time with  
what is  
going on.



Let someone  
know where  
you are  
going and  
when you  
will come  
back.

---

---

---

# SAFETY PLAN WITH YOUR CHILDREN



Teach your children to keep away from where the danger is.



Teach them safe places inside and outside the house.

---

---

---

---



Teach them to tell you if someone is at the door and not to open it themselves.



Show them how to call 9-1-1.



---

---

---



Let the school  
or daycare  
know who  
can pick  
up your  
children.



Talk to your  
children  
about safe  
people they  
can talk to.

---

---

---

---

# LOOK AFTER YOURSELF



Watch a good movie.



Take time for you.



Go for a walk with a friend.

---

---

---

---





Be with  
people who  
make you  
feel good.



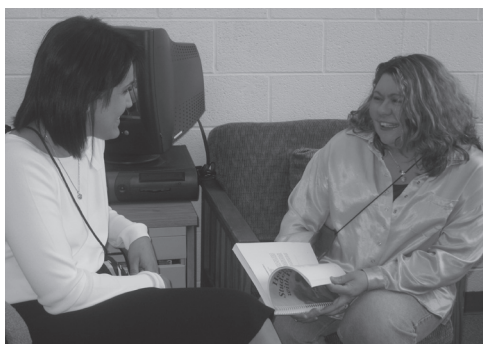
Find a  
Support  
Group.

---

---

---

---



Talk to a  
counselor.



Eat well.



Get your  
rest.

---

---

---

# **IMPORTANT INFORMATION**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Funded by the Ontario Victims Services Secretariat.



**Ontario**

Ministry of the  
Attorney General