



## Safety Planning – staying in your relationship

The information provided below is general information only. It does not replace advice and support from a domestic violence specialist. Its most helpful to get advice that is specific for your situation. The information below will not be suitable for everyone staying in a relationship.

You always deserve to be safe. If you stay in your relationship, think about what you can do to improve your safety, particularly when your partner's abuse gets worse, or you feel their behaviour is escalating.

- Think about letting safe and supportive people know about the abuse. This could be your neighbours, family, friends, colleagues. You can let them know how they can help you and what your safety plan is if your partner's abuse escalates.
- Think about having code words with trusted people so they know you need help or for them to come over to your house. For example, you could text them a special word or phrase that will prompt them to come over or call for help.
- Keep essential items like keys, money, ID, and important documents somewhere accessible where you can get to them quickly.
  - If safe to do so, consider keeping copies of important documents with a family member or trusted friend.
- If possible, consider removing or placing weapons or things that can be used as weapons somewhere it would be hard for your partner to access them.
- Think about how you could exit your home quickly. Which doors or windows could you use to get out of the house in an emergency and where could you go to be safe?

It is important to remember that abuse and violence is never your fault. The only person who can stop the violence is the person choosing to use this behaviour.

For many survivors, leaving the relationship may not be safe or something they want to do. Services can work with you to explore ways of increasing your safety. If this is something you want help with, please contact DVAC or a specialist domestic violence support service.

### Helpful Websites:

Domestic Violence Action Centre (DVAC): <https://dvac.org.au/>  
1800RESPECT: <https://1800respect.org.au/healthy-relationships>  
DVConnect <https://dvconnect.org/domestic-violence/safety-planning>