

Safety Planning Toolkit for Domestic Violence Support Workers



The Purple Arrow

*Empower. Support. Represent.
End Domestic Violence*

Help support workers guide victims in creating personalized safety plans to ensure their physical and emotional safety in crisis situations.

Step-by-Step Safety Plan Templates

Basic Safety Plan

Recognise warning signs: Identify behaviours or situations that indicate immediate danger.

Safe places to go: List places where the victim can stay safe (e.g., shelters, trusted friends/family).

Emergency contacts: Include trusted individuals, local police, and helplines.

Essential items to pack:

- ID and personal documents (e.g., birth certificates, driver's license).
- Financial resources (cash, bank cards).
- Medications and health records.
- Keys, mobile phones, and chargers.

Escape plan:

- ✓ Identify the safest exits in the home.
- ✓ Practice the escape route.
- ✓ Discuss with children, if applicable.

Technology Safety Plan

Device security:

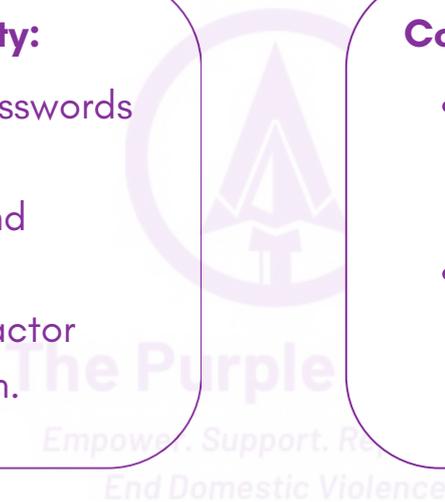
- Use strong passwords for phones, computers, and accounts.
- Enable two-factor authentication.

Communication safety:

- Use secure apps for private communication.
- Clear browsing history and disable location tracking.

Social media awareness:

- Update privacy settings.
- Avoid sharing location or personal details online.



Checklists for Emergency Preparedness



Checklist 1: Essential Documents

- ID cards and driver's licenses
- Birth certificates for self and children
- Passports
- Insurance policies
- Medical records and prescriptions
- Bank account information



Checklist 2: Emergency Bag

- Cash and credit/debit cards
- Keys (house, car)
- Medications
- Clothing for a few days
- Phone charger and backup battery
- Toiletries (toothbrush, soap, etc.)



Checklist 3: Escape Route Preparation

- Identify two ways to exit each room.
- Keep keys and emergency bag accessible.
- Know the nearest police station and hospital.

Guides on Securing Home Safety

Changing Locks

Contact a locksmith to change door locks immediately after leaving or securing the residence.

Consider keyless entry systems to prevent unauthorised access.

Installing Security Cameras

Choose cameras with motion detection and remote monitoring features.

Place cameras near entry points, such as doors and windows.

Additional Safety Measures

Install door and window alarms.

Use heavy-duty doors and deadbolts.

Ensure outdoor areas are well-lit.

Safety Apps and Hotline Directories

Recommended Safety Apps

Arc: help people to track details of abusive behaviour, record their experiences and tell their stories.



Daisy: to connect people to a range of support services across the country.



Emergency+: helps you call Triple Zero (000) quickly and communicates your location to emergency call-takers.



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National Hotlines

1800RESPECT: 1800 737 732

DVConnect Womensline: 1800 811 811

Lifeline: 13 11 14

Sexual Assault Helpline: 1800 010 120

Police: 000

Guidance on Addressing Child Safety During Crises



Preparing Children for Emergencies

Teach them how to dial emergency numbers.

Assign a safe word to signal danger.

Practice escape routes with them.

Packing for Children

Favorite toys or comfort items.

School supplies and homework.

Clothing and personal hygiene items.



Communicating with Children

Reassure them that the situation is not their fault.

Encourage them to express their feelings and fears.

Provide age-appropriate explanations of the situation.

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Additional Notes

End Domestic Violence

- Review safety plans regularly with victims to address changing circumstances.
- Collaborate with local shelters and law enforcement for ongoing support.
- Encourage victims to reach out for help whenever they feel unsafe.



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