

Checklist

What to take when you leave

IDENTIFICATION

- Driver's license
- Children's birth certificates
- Your birth certificate
- Centrelink cards

FINANCIAL

- Bank account details
- Money
- Credit Cards

LEGAL DOCUMENTS

- Any court papers including
- Protection orders/ Family Law papers
- Passports
- Marriage certificate
- Lease/rental contracts
- Mortgage and property deeds
- Medical records
- School records
- Car registration papers
- Insurance policies
- Divorce papers

OTHER

- House and car keys
- Medication
- Jewellery
- Photographs
- Children's toys
- Clothing for yourself and children
- Personal items which may be destroyed
- Current unpaid bills in your name

You can ring the

Domestic Violence Prevention Centre

55329 000

Free Confidential Counselling

- To talk
- To get support
- To seek information
- To arrange to see a counselor
- To join a women's support group
- To ask about brochures / pamphlets
- To arrange speakers for groups

Open from Monday, Tuesday,
Thursday, Friday
9am—5pm
Wednesdays 9am—1pm

Website www.domesticviolence.com.au

Other Useful Telephone Numbers

D V Connect Domestic Violence Line
1800 811 811 7 Days, 24hours

Women's Legal Service
1800 677 278

Legal Aid
1300 651 188

Police Prosecutions
55 71 4383

Southport Courthouse
55835 900

Coolangatta Courthouse
55363 133

SAFETY PLANNING

Information for Victims of
Domestic and Family
Violence



Produced By
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Gold Coast

Safety During An Explosive Incident

- If an incident seems unavoidable try to get to a room with an exit.
- Practice how to get out of your home safely. Identify which doors, stairs, elevators or windows would be best.
- Identify a neighbor you can tell about the violence and ask them to call the police if they hear a disturbance coming from your home.
- Teach your children to call 000
- If the situation is dangerous, use your own instincts and judgment to keep you and your children safe.
- Call the Police as soon as it is safe to do so.

Safety at Work

- Decide who at your workplace you can tell about your current situation. This could include your workplace security.
- Devise a safety plan for arriving and leaving work.
- Use a variety of routes or have someone escort you to a bus or train.

Safety When Preparing To Leave

- Determine where you will go for safety. Maybe you can stay with relatives, friends or at a Women's Refuge.
- Always try to take your children with you.
- Leave money, spare keys, copies of important documents (passports and prescriptions) medication, clothes and some spare money with someone you trust.
- Inform yourself of community agencies who can support you and keep their telephone number in a safe place.
- Review your safety plan with a domestic violence counselor or police.
- Discuss a safety plan with your children for when you are not with them.
- Inform your children's school, day care etc., who has permission to collect the children.
- Review your safety plan as often as possible in order to plan the safest possible way to leave.
- Review your banking and postal arrangements. Change banks – have mail sent to a safe address or mail box.
- It may be necessary to get a silent phone number or consider changing your name.

Safety with a Protection Order

- Keep your protection order with you at all times. Store a copy in a safe place or with someone you trust.
- Call the police if your partner or former partner breaches the protection order.
- Police are required to investigate all reported incidents of domestic violence and arrest if there is a breach of an order. There is no minimum/maximum number. **ALL** incidents and breaches **MUST** be investigated.
- If your circumstances change and your protection order becomes less effective, you may return to the court and apply for a variation to the order.
- It can be helpful if you have some form of evidence to give the police or court; a statement from a witness, medical report, photograph etc.
- Give a copy of your protection order to your children's school /day care and to your employer.

CAUTION

LEAVING MAY BE YOUR MOST DANGEROUS TIME
> BE PREPARED HAVE A SAFETY PLAN