

**important numbers**

Learn or keep important numbers safe and ring the police if you are afraid  
**SY Police: 999** Emergency, **101** Enquiries DV Officers: **296 3968**  
**Domestic Abuse Helpline: 0808 808 2241** [freephone no. office hours]  
**SCC Housing: 273 6306/ 0800 7311 689 Children YP & Families Service: 273 4855**

Doctors: \_\_\_\_\_ Schools: \_\_\_\_\_  
 Solicitor: \_\_\_\_\_ Social Worker: \_\_\_\_\_  
 Others: \_\_\_\_\_

**leaving an abusive partner / situation**

- ◆ Ring the **D.A. Helpline** to contact specialist **domestic abuse services**
- ◆ Try and leave when your partner (or family member) is **not there**
- ◆ **Take children** with you if you can - it may be hard to get them later
- ◆ If it's safe, try to take everything you need - you may not be able to return for some time (the police can sometimes help you collect your belongings)
- ◆ The most important thing is to be **safe** — you can leave with nothing and seek legal advice about removing the abuser, so that you can return home

**general safety planning tips**

- ◆ **Plan** what to do if things get risky: it can be hard to think clearly in a crisis
- ◆ Agree **code words** to alert friends, so that they know to ring the police when you use that word or phrase
- ◆ Talk to **neighbours** (if you can) and give them permission to ring the police if you use a **code or signal**, or they hear certain things
- ◆ Is there somewhere you can safely leave a **bag** with extra clothes, money, bank cards, keys, medication, photos, copies of important documents?
- ◆ Think through which parts of the house are more **dangerous** if an assault is likely (e.g. kitchen/bathroom: sharp implements, or where hard to get out)
- ◆ Tell the **Police** about incidents; they keep records whether there's a crime or not and can **'tag'** your address to respond quickly in an emergency
- ◆ **Children & Families Service** can support you to keep your children safe
- ◆ If you can, get any **injuries** treated and **recorded** by medical professionals.

**Safety Planning with Children & Young People**

- ◆ Teach children how to ring **999** in an emergency, to say their name and address and to stay on the line: this is a useful **drill** for any emergency
- ◆ Make sure your children know or can find important phone numbers
- ◆ Tell children what to do if you give an **agreed signal**, or are assaulted (e.g. get themselves and younger siblings out of the way) and make sure they know that you don't want them to try to protect you and risk being hurt.

**safety planning after separation**

- ◆ Make sure that **schools** and childcare know who is allowed to pick up the children (schools may agree to a 'safety plan' where there is no court order)
- ◆ Make sure people around you know to be **on the alert** to keep you safe (family, friends and neighbours, as well as schools)
- ◆ Tell your **employer**, if you can, to alert them to the risks, and screen calls
- ◆ Change your routines, **vary your routes** and try to avoid going to places where you went together; have your mobile handy with police on speed-dial
- ◆ Park in well lit places, **reverse in** to make it easier to drive out if threatened
- ◆ Joining a **support group** can help build your confidence and self reliance
- ◆ Think about who you can call when you're feeling down, and weakening in your resolve — ask for **emotional support** from family and friends
- ◆ Seek **legal protection** e.g. a non-molestation order or 'restraining' order

**Making your home safer**

- ◆ Change and strengthen external **door locks**, and if possible have stronger doors fitted with metal reinforcements and spy-holes
- ◆ Improve **security** e.g. smoke detectors (Fire Service offer free checks and fitting), door chains, spy-holes, window locks, outdoor lighting, alarm
- ◆ **Change your numbers** for landline and mobile phone, go 'ex-directory', ask the Council to remove you from the public electoral register
- ◆ Sheffield City Council's 'Sanctuary Scheme' can sometimes help to make your home safer by providing some of the security measures listed above.