

## Children's Safety Plan

Children require a safe environment in which to live. When their home-life is a battleground involving the adults who live there, it can be traumatic and possibly dangerous. As the nonviolent caregiver, you need to develop a safety and escape plan with your children. This plan provides safeguards for your children and a means for them to alert immediate emergency assistance for you. The children need to understand that the violence is not their fault, nor is it their responsibility to try to intervene in an attempt to protect you from your abusive partner.

### I will provide the following for my children:

- I will set up a safe room in our home for the children to go to in the event that my partner becomes abusive. This room will be (if possible), on ground level so the children can leave through a window, if necessary.
- The safe room will have a lock on the door and a cellular/cordless phone in a location known only by the children and I, with the Police emergency number preprogrammed on a speed dial.
- The children will become familiar with the telephone and the location of the emergency speed dial key. We will practice saying, someone is hurting my mommy (or: daddy / aunt / stepmom / stepdad / etc.) just in case one of the children has to call the police.
- I will teach my children our home phone number and complete address, including directions:

\_\_\_\_\_  
\_\_\_\_\_

- The children and I will have a predetermined code word, \_\_\_\_\_ to alert the children to go immediately to the safe room. We will have an additional code word \_\_\_\_\_ to alert the children to immediately leave our home and to run to \_\_\_\_\_, our pre-arranged emergency friend (our neighbour's house, or the corner store, or a Block Parent house, etc.) and to have an adult call the police.

- The children know the location of the emergency friend and the fastest route to get there,

\_\_\_\_\_.

- The children will contact their pre-arranged emergency care-giver, (my closest friend:

\_\_\_\_\_, or, their grandparents \_\_\_\_\_, or our religious leader \_\_\_\_\_, or another pre-selected responsible adult \_\_\_\_\_, immediately after the emergency friend has called the police.

- The children will go with the emergency friend to their home where I will meet them as soon as I am able.
- We have discussed the Neighborhood Block Parent Program. The children are familiar with the Block Parent red-and-white sign and when they see it in the window of a house or a store, they know it is a safe place where adults will be present and willing to help.