

STAYING SAFE



for
Women

After a separation, you still need a safety plan.

What is a safety plan?

A list of ways to protect yourself, including how to leave your home quickly and safely if in danger.

Now that you are separated...

- update your personal safety plan or find an advocate to help you make a personal safety plan
- get legal advice about child custody, child support, property division, and (if needed) protection orders such as peace bonds and restraining orders
- find and use as many support resources and people to help as you can

Some things you could do at home...

- change your locks, add a stronger lock, install a peep hole
- tell your landlord and/or neighbours your ex-partner does not live there and should not be hanging around
- put 9-1-1 on the speed dial and teach your children how and when to use it
- ask a trusted neighbour to call 9-1-1 if suspicious sounds come from your place

Remember...

- stalking is against the law: it is called “criminal harassment”
- The Lawyer Referral Service can help you find a local lawyer. Their line for victims of woman abuse in crisis (in a shelter, hospital or living with an abuser) is 1-800-268-8326 / (416) 947-3330.
- the Ontario Women’s Directorate web site has many useful links under “Help for Assaulted Women” at www.ontariowomensdirectorategov.on.ca
- there is no “statute of limitations” on most crimes in Canada: you can report to the police any crime committed against you in the past



Find services in your area of Ontario by calling the Assaulted Women’s Helpline: 1-866-863-0511 or in the GTA (416) 863-0511 or TTY at 1-866-863-7868



With access to the Internet, you can make your own safety plan at this site: www.shelternet.ca
Follow the link called “Make a Safety Plan”



Most public libraries provide free access to the Internet.
If using the Internet at home, read the page called “Hide Your Internet Activities” at www.shelternet.ca.