

# HELPING YOUR CHILDREN STAY SAFE

*You can help children make a safety plan suited to their ages.*



\* ShelterNet has activities and information for children:  
**[www.shelternet.ca](http://www.shelternet.ca)**

\* teenagers may also find helpful information including  
how to make a safety plan at **[www.burstingthebubble.com](http://www.burstingthebubble.com)**

\* if your daughter is in an abusive relationship, visit  
“When Love Hurts” at **[www.dvirc.org.au/whenlove/](http://www.dvirc.org.au/whenlove/)**

## Some measures to consider...

- immediately start a motion in the Family Court for custody of the children (do this even if you were not married)
- whatever the custody arrangements (i.e., interim custody, custody, joint custody), carry the papers with you at all times
- give the school a copy of the custody documents and ask to remove your ex-partner from the list of people approved to pick up children
- give the school a picture of your ex-partner and clear instructions about who can and cannot pick up the children (including members of his family if that is true)
- help children make their own *safety plan*

## Important messages to give children...

- it is not a child's responsibility to keep a mother safe
- “I will do everything in my power to keep you safe”
- when adults fight, it is an adult problem and adults need to fix it



*The **Kids Help Phone** is a place where children and teenagers can call to speak with someone privately and anonymously about personal problems or to ask questions. It operates 24-hours a day.*

*The number for kids is **1-800-668-6868***

*They also have a Parent Help Line: **1-888-603-9100***