SAFETY PLAN

Know how to call police:1. Emergency line.2. Police Dispatch line	911 423-4567 (Edmonton)
Keep a written journal. 1. Document date, time and a	a short narrative of events involving abuse / abuser
Inform someone you trust 1. Family member. 2. Neighbour. 3. Friend.	t.
Consider your personal sand 1. Having a friend or family many 2. Going to stay with a friend 3. Communicating acceptable	nember come stay with you. or family member.
Secure your home. 1. Change the door locks. 2. Screen phone calls using of the control of the	
Secure your mail. 1. Redirect your mail to a saf 2. Obtain a post office box.	e location.
 Close out account. Open new account solely i Change the P.I.N. (Person the access. Keep bankcards (ATM), cr 	t(s) / credit card (s) / ATM cards. In your name. Ital Information Number) on cards so only you have redit cards and cheques in a safe place. Its. (Pension cheques, GST, pay cheque etc)
3. Identify someone you can4. Have a bag of clothing / pe	• •

IT'S OKAY TO SAY "NO" AND TELL SOMEONE!

 Make arrangements for a Court Protection Order. 1. Peace bond. (Criminal Code) against anyone you fear on reasonable grounds will cause personal injury to you or will damage your property.
Restraining order. (Civil Process) against anyone who you have reason to believe may cause you physical harm.
 Emergency Protection Order (Protection Against Family Violence Act) against a family member when family violence is involved.
 Consider writing Personal Directive / Enduring Power of Attorney / Will 1. Personal Directive legal document appointing another person to act on your behalf in relation to health / personal matters, when you become unable to make your own decisions.
Enduring Power of Attorney legal document appointing another person to act on your behalf in relation to financial matters, when you become unable to make your own decisions or at any time you indicate.
Will legal document setting out your requests in relation to your estate after death.
INDIVIDUAL SAFETY PLAN:

IT'S OKAY TO SAY "NO" AND TELL SOMEONE!