



Safe And Secure

If you are thinking of leaving an abusive relationship, we can help you, by putting you in touch with organizations in your community who will support you to develop a comprehensive Safety Plan. This will help prepare you, especially in the event that you have to get away in a hurry.

Safety Plan

- If you have been assaulted more than once, you probably know the warning signs. Your partner may become silent, drink, accuse you of “sleeping around”, bring up the past, or put you down.
- Trust your own instincts and feelings of fear - chances are your partner is building up to an assault
- The best way to ensure your safety is to set up a safety plan:
- plan how you and your children can get out of the house in an emergency
- You can get help 24 hours a day.

Workplace Safety Plan

- Save any threatening emails or voicemail messages
- Inform your employer, security, supervisor or a person you trust of your situation
- Park close to the entrance of your building, and talk with security, the police, or a manager if you fear an assault at work
- Have your calls screened, transfer harassing calls to security, or remove your name and number from automated phone directories
- Identify an emergency contact person if the employer is unable to contact you
- Make sure your employer is aware of court orders such as custody orders, peace bonds or restraining orders that forbid the harasser from being near or contacting you at your workplace
- Ask security to escort you to and from your car or public transportation

Home or Personal Safety Plan

- Consider getting an unlisted phone number
- If possible, carry a cell phone for emergencies
- Remove items of a personal nature from your garbage or recyclables
- Make sure your windows and doors are locked; consider the use of deadbolts
- Use security alarms or other security features if possible
- If travelling in a car, change your travel route to and from work or shopping often
- Keep emergency numbers close by
- Make sure others are informed of your situation and if possible, create a signal to let them know if you are in danger
- Have an escape route mapped out in case you need it
- If children are involved, teach them the Safety Plan and make sure they know emergency numbers

If You Have To Flee, Try To Take...

- Important papers - birth certificates, social insurance cards, any court documents
- Credit cards, bank account numbers, and debit cards
- Some money
- An extra set of keys
- Medications and prescriptions
- Phone numbers and addresses for family, friends, doctors, lawyers, and community agencies
- Clothing and comfort items for you and the children



Covering your Internet Tracks

How an Abuser can discover your internet activities:

If you are in a high risk situation, we suggest that the safest way for you to find information on the internet would be to use a computer at a local library, an Internet Cafe, a friend's house, or at work.

When you visit any website, the computer you use keeps a record of it. Please take a few moments to read the information below which will help increase your safety when using the internet.

E-mail: If an abuser has access to your email account, they may be able to read your incoming and outgoing mail. Make sure you choose a password that an abuser will not be able to guess. If you suspect that he might access your account, change your password regularly.

If an abuser sends you threatening or harassing e-mail messages, you may want to forward them on to a friend or family member. That way, you may not have to print them out and have paper copies. Be sure to save such messages as they may be evidence of this abuse. The messages may constitute an offence.

Internet History/Cache File

If an abuser knows how to read your computer's history or cache file (automatically saved web pages and graphics), they may be able to see information you have viewed recently on the internet.

You can clear your history or empty your cache file in your Browser's settings. Depending on the type of Browser you use – for example, Internet Explorer, Mozilla Fire Fox or Safari – and the type of Computer you have (Windows PC or Mac), the steps to hide your use is as follows:

If Windows PC & Internet Explorer – before you close the Browser

Step 1: Select the "Tools" in the menu bar. Open the "Internet Options Dialog Box" and select the "General Tab".

Step 2: In the Temporary Internet Files, click "Delete Files". Check the "Delete all offline content" and click "OK".

Step 3: In the History, click "Clear History".

Step 4: In "Temporary Internet Files", click "Delete Cookies"



Step 5: Then click "OK"

Step 6: Click "OK" to exit the Internet Options Dialog Box.

If Windows PC - Mozilla Firefox - before you close the Browser:

Step 1: Select the "Tools" in the menu bar and then select the "Options"

Step 2: Click on the "Privacy" option; it is a picture of a padlock

Step 3: Select the "History" tab. Click on "Clear Browsing History Now"

Step 4: Select the "Cache" tab. Click on "Clear Cache Now"

Step 5: Click "OK" to exit the Options dialogue box.

If Windows PC – Netscape - before you close the Browser:

Step 1: Select the Edit in the menu bar, then select the Preference.

Step 2: Under the Category, select "Navigator"

Step 3: Then click "Clear History"

Step 4: Also click on "Clear Location Bar"

Step 5: Under Privacy & Security, select "Cookies"

Step 6: Then click "View Stored Cookies". Then, click "Remove All Cookies"

Step 7: Under the "Category", select "Cache" (under Advanced)

Step 8: Click the "Clear Memory Cache"

Step 9: Then click the "Clear Disk Cache".

Windows PC

Step 1: Right click the mouse on the "Start" at the bottom of the menu bar, and click on "Explore"



Step 2: Select Windows in the C drive

Step 3: Open the Temporary Internet Files Folders. Select all the files inside this folder and delete

Step 4: Open the History folder (e.g. c:\windows\history\today in Win 98), select all the files inside this folder and delete

Step 5: Open the Cookies folder (e.g. c:\windows\cookies in Win 98), select all the files inside this folder and delete

Step 6: Disable the AutoComplete in the Windows and/or Browser options

Step 7: Finally, when you have deleted all the above, click on the Recycle Bin and empty it.

If Mac – Safari - before you close the Browser:

Step 1: Go to "History" tab on the main menu

Step 2: Scroll down to "Clear History".

If Mac – Firefox - before you close the Browser:

Step 1: Go to "Preferences" under the "Firefox" tab in main menu

Step 2: Click on "Privacy" tab then go to the "Private Data" section on the bottom

Step 3: Click "Clear Now".

If Mac – Netscape - before you close the Browser:

Step 1: Go to the "Edit" menu and select "Preferences"

Step 2: Select "Navigator" under the "Category" listing

Step 3: Select "Clear History" in the "History" area

Step 4: Click "OK" to erase history.

This information may not completely hide your tracks.