

Safety Plan Bingo Card

Grab & Go
Bag

Support
Contact
List

Exit
Strategy

Secure
Important
Docs

Our
Family
Wizard

Wellbeing
Support

Update
School etc,

Safe
Steps

Financial
Buffer

Trusted
People

Security
Measures

Know
Your
Rights



Coaching & Mentoring. Look forward To A Life You Love



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Safety Planning Guide for Women

This guide provides essential steps and resources for creating a safety plan for individuals at risk due to family violence. The goal is to ensure personal safety, secure important resources, and establish a framework for support and recovery.

We know that safety planning can feel overwhelming, especially when facing abuse or crisis. That's why we've included a **Bingo Card for Safety Planning**—to help break tasks into manageable steps, reduce stress, and focus on what's most urgent. Each item you check off isn't just important; it's imperative to navigating a safe path away from an abusive relationship.

You deserve to feel secure, supported, and empowered. This guide is here to help you take those critical first steps—one at a time.

Remember, safety planning applies not only when leaving but also in the aftermath, as risks may persist.

1. Grab & Go Bag

Prepare an emergency bag containing essentials in case you need to leave quickly. Include:

- Clothes for a few days.
- Medications and prescriptions.
- Copies of important documents (see below).
- Cash or prepaid cards.
- Keys (house, car, etc.).
- A list of emergency contacts.
- Small personal items (e.g., photos, comfort objects).



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2. Support Contact List

Maintain an updated list of trusted contacts, including:

- Friends and family members who can provide emotional or physical support.
- Local domestic violence hotlines (e.g., Safe Steps: 1800 015 188).
- Legal aid, counselors, and support organisations.

3. Exit Strategy

Plan your escape route and practice it if possible. Identify:

- Safe places to go (e.g., a friend's house, shelter).
- Transportation options (e.g., car, public transit).
- Times when leaving might be safest.

4. Secure Important Docs

Gather and secure critical documents, such as:

- Identification (e.g., driver's license, passport).
- Birth certificates (for you and your children).
- Financial records (e.g., bank statements, pay stubs).
- Legal documents (e.g., restraining orders, custody agreements). Store originals in a safe place and keep digital or photocopied backups.

5. Our Family Wizard

If co-parenting is necessary, consider using tools like Our Family Wizard to:

- Document communication.



- Share custody schedules.
- Reduce conflict and maintain records for legal purposes.

6. Wellbeing Support

Focus on self-care and mental health through:

- Therapy or counseling (individual or group).
- Peer support groups.
- Activities that promote relaxation and resilience (e.g., meditation, hobbies).

7. Update School, etc.

Notify relevant institutions about your situation to enhance safety. This may include:

- Schools: Provide copies of custody orders and updated emergency contacts.
- Employers: Alert them to any potential risks or necessary accommodations.
- Medical providers: Share relevant safety concerns.

8. Safe Steps

Safe Steps (1800 015 188) offers crisis support, safety planning, and referrals to shelters and other services. Contact them for immediate assistance or ongoing guidance.

9. Financial Buffer

Establish a financial safety net by:

- Saving small amounts regularly if possible.



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- Opening a bank account in your name only.
- Exploring emergency financial assistance programs.

10. Trusted People

Identify people who can support you in different ways:

- Emotional support (e.g., friends, family, mentors).
- Logistical help (e.g., transportation, childcare).
- Safe housing options (e.g., friends, shelters).

11. Security Measures

Enhance your personal and digital security:

- Change locks and install security systems if possible.
- Update passwords for online accounts and enable two-factor authentication.
- Be cautious with location-sharing features on devices.

12. Know Your Rights

Familiarise yourself with your legal protections, such as:

- Restraining orders or intervention orders.
- Custody and visitation rights.
- Access to legal aid and advocacy services.
- <https://www.wire.org.au/>



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Helpful Resources

- **Safe Steps (Australia):** 1800 015 188, safesteps.org.au.
- **1800RESPECT:** 1800 737 732, 1800respect.org.au.
- **AskIzzy:** Online Directory with access to a wide variety of community services in Australia.
- **Hot Peach Pages:** Online Directory with access to a wide variety of support services Internationally.
- **Daisy App:** Available on app stores for confidential service directories.

Remember, safety plans should be tailored to your unique situation. Review and update your plan regularly, and seek professional support when needed.

Creating a safety plan is an act of courage and self-preservation.

Every step you take—whether it's memorising emergency contacts, packing a go-bag, or reaching out for support—brings you closer to freedom and safety.

You are stronger than you know, and you don't have to do this alone. Trust your instincts, lean on your allies, and remember: healing is possible. The road ahead may not be easy, but with each small victory, you reclaim your power and your future.

Keep going. Your safety matters, and so do you.

Simple Guide to Protect Sentimental Items

1. **Prioritise Essentials:** Focus on irreplaceable items like photos or small keepsakes.
2. **Digitise Memories:** Scan photos and documents; store them securely online.
3. **Strategic Packing:** Move non-essential sentimental items to safe locations ahead of time.
4. **Use Support Services:** Access assistance to retrieve belongings later if needed.
5. **Teach Gratitude:** Focus on new beginnings and finding joy in freedom.



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Final Thoughts

Leaving an abusive relationship is not easy, but it is possible with careful planning and support. Use the **Safety Plan Bingo Card** and this guide to take actionable steps toward a safer, brighter future. Remember, help is available, and you are not alone.

Your Journey Continues with The Key to Be Free

Healing is not a destination—it's a journey, and you don't have to walk it alone. At **The Key to Be Free**, we are here to support you every step of the way.

Start Your Transformation Today

⭐ Rapid Reconnection: Introductory Offer

Dip your toes into empowerment with our **gentle yet powerful** starter package, designed to meet you where you are:

- **2 x 45-Minute Personalised Consultation:** A safe, judgment-free space to explore your unique needs and goals.
- **Downloadable Empowerment Guide:** Science-backed tools and affirmations (like the ones in this guide!) to rebuild confidence.
- **7-Day Action Plan:** Bite-sized steps to create momentum—because healing happens one small win at a time.

Why it works: Trauma recovery begins with **clarity + tiny, achievable steps**. This package combines both.

👉 [Book Your Rapid Reconnection Starter Session Here](#)

Choose Your Next Step



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1. Join Our FREE Safe Sisterhood

[Rise Up with Tiaras, Tears & Triumphs Facebook Group](#)

A women-only sanctuary for support, monthly meetups, and free resources.

2. Dive Deeper with One-on-One Support

 **Trauma-Informed Coaching** – Explore our 3-month **PATH to Empowerment Program** or start with the **Introductory Offer**.

How to Begin:

- |  info.thekeytobefree@gmail.com |  +61 468 470 501

3. Tune In & Learn

[Tiaras, Tears & Triumphs Podcast](#) – Survivor stories + expert insights.

A Note from Sandy

*"Healing isn't about 'fixing' yourself—it's about reclaiming the strength that was always yours. Whether you start with our free resources or the **Empower Essentials Package**, remember: every step forward is a victory. I'm here to cheer you on."*

 **Your key to freedom is in your hands. Which door will you open first?**

 [Join our free community](#) | [Try the Introductory Offer](#) | [Listen to the podcast](#)

With love & solidarity,

Sandy Johnston

Founder, *The Key to Be Free*

Survivor. Advocate. Your Cheerleader.



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