Red Deer City Victim Services Unit

BASIC SAFETY INFORMATION

This is *very basic safety information* with suggestions you can go over with any victim who is concerned about their personal safety:

General Suggestions:

- Change your routine.
- Take different routes to work.
- If possible, alter your work day to leave home at different times.
- Make certain someone knows when you are traveling and what time you expect to be at your destination.
- Notify this person if you change your plans.
- Notify this person when you arrive home.

Transportation

- If you are riding the bus, make certain someone knows when you will be arriving.
- Make certain you catch the bus at busy stops to ensure there are people around.
- Don't travel alone if possible.

DOMESTIC VIOLENCE VICTIMS:

For **Formal Safety Planning** refer them to:

- **RCMP - Domestic Violence Unit (403-406-2330)** or
- **Central Alberta Women's Emergency Shelter (403-346-5643)** or
- **Central Alberta Outreach (403-347-2480)**

Documents

- Store all important documentation at a friends house.
  - (Passports, social insurance number, ID cards, financial information, custody papers, picture of your husband etc)
- If you can afford it, get a safety deposit box.

Checking/Savings Account

- Open one under your own name only

General

- Make an extra set of car keys and put them in a safe place
- Keep extra money in your clothes or car
- Keep pocket change (for phone calls) on you at all times
- Plan ahead. Do you have access to a vehicle
- If you need to leave quickly, where would you go and how would you get there?