

Keep safe whilst self isolating & social distancing

SAFE SELF

Covid-19 or the Corona Virus is creating a lot of fear and uncertainty across the world. We understand being stuck in a house with your Abuser whilst having to isolate or social distance may create a potentially dangerous situation.

A safety plan can lower your risk of harm and abuse.

You can't control your partner but you can take action to reduce risk or avoid risky situations.

We hope these hints and tips will help you keep and feel as safe as you can during this time.



ALWAYS keep your mobile phone charged and with you.

If it is a pay as you go phone, make sure you have enough credit to call for help if you need it.

“****”

AGREE a CODE word with your family and/or friends

Talk about what to do if you need to use it. Do they come and get you? Do they call the police?

Come up with a CODE word with your children. Explain simple instructions to your children of what they should do if you use the word. You could pitch it as a game so they are not frightened. e.g. “If Mummy says Daffodil I need you both to go in the garden, front door, call XXXX,” whatever works for you.



Stay safe online, delete your internet browsing history. You can find out more about this on our website: jerseywomensrefuge.org/safe-browsing/



Jersey Women's Refuge

Contact our Outreach Services

Tel: 0800 7356836 (24/7)

Email: hello@jerseywomensrefuge.org

Website: jerseywomensrefuge.org

Have an escape plan. Think about where you might be able to go in an emergency. We are always here for you.

Keep your bank card and car keys in a safe place should you need to find them quickly.

Try to keep a small amount of money on you at all times - enough change for a taxi or bus fare.

If you suspect that your partner is about to attack you, try to go to a lower risk area of the house.

An area where there is a way out and access to a phone. Avoid the kitchen and garage. If you have to lock yourself in a room push a wedge under the door.

Be Prepared to leave the house in an emergency.

Know where your car keys are. If you can bring your passport and other important documents with you when you leave.

IF YOU ARE IN DANGER
DIAL 999. YOU have
OPTIONS. YOU have the
RIGHT to be SAFE.



REFUSE ABUSE!

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