

# Does your family member, partner or carer:



✓ Put you down, criticise, or make you feel worthless?

- ✓ Always check up on what you're doing and where you are going?
- ✓ Threaten or stop you from seeing your own friends or family?
- ✓ Make you feel scared of saying "no" to them?
- ✓ Make you feel you can't discuss things against your family's beliefs e.g. religion, gender expression or sexuality?
- ✓ Threaten to kick you out of the home or leave you homeless?
- ✓ Take your money or tell you how to spend your money?
- ✓ Control your study spaces or how much time you have to dedicate to study?
- ✓ Monitor your phone or have access to your privacy without consent e.g. laptop, social media?
- ✓ Pressure you into doing sexual acts you don't want to do? Or make you feel you can't say 'no'?
- ✓ Scare or hurt you by being violent (e.g. hitting, smashing things, removing disability aids, driving dangerously)?
- ✓ Threaten to harm you if you say you want to end the relationship?
- ✓ Threaten to 'out' your sexuality or gender expression to friends of family?
- ✓ Threaten suicide or self harm?

**If you have answered 'YES' to some of these questions, you may be experiencing violence in your relationship**



## Support is available

To book a confidential appointment with an Advocate contact **EDVOS** - 9259 4200 | [edvos.org.au](http://edvos.org.au) | [intake@edvos.org.au](mailto:intake@edvos.org.au)



# Safety Plan - For Young People



## WHO?

Who can you call? Who do you feel safe with? \_\_\_\_\_

### **Important numbers**

- 000 in an emergency
- Safe Steps for crisis accommodation 1800 015 188 (24/7)
- EDVOS 9259 4200 (Mon to Fri 9am-8pm; Sat 9am-5pm)
- 1800 RESPECT for phone counselling (24/7)
- Lifeline for phone counselling & emotional support 131 114 (24/7)
- Sexual Assault Crisis Line 1800 806 292 (5pm - 9am)

### **Informal supports**

- Friends
- Family members
- Friends parents

### **Formal supports**

- EDVOS Advocate
- Counsellor or psychologist
- Teacher / Lecturer
- Support worker
- GP (bulk billing available)
- University/School Wellbeing Team

## WHERE?

Where can you go? Where do you feel safe? \_\_\_\_\_

- Safe family members home
- Bedroom
- Friends house
- Youth Centre
- Local police station
- Local park
- 24/7 restaurant or shopping centre (eg. Macdonalds)



# Safety Plan - For Young People



## HOW?

How will you get there? \_\_\_\_\_

- Uber/Didi/Taxi (download the app)
- Public transport (keep Myki loaded)
- Friend or family member to pick you up
- If you have your licence (P plates or full), can you drive there?
- Bike or skateboard
- On foot (if in safe walking distance)

## WHAT?

What do you need to bring?

- ✓  Phone, keys, wallet
- Phone charger
- Extra cash
- Important documents (Birth Certificate, etc).
- Copy of identity (Passport, Licence, etc)
- Toiletries
- Change of clothes
- Medications /scripts
- Computer/tablet
- School/University work

# Safety Plan - For Young People



## ***SAFETY WHEN LIVING WITH THE PERSON USING VIOLENCE***

- Call 000 or your emergency contact if you are feeling unsafe or there is an incident of violence
- Keep your phone charged and on you at all times
- Keep your wallet/bag and house keys in a place you can access quickly
- Have a bag packed with your important items in case you need to leave
- Avoid high risk spaces during an incident (i.e. kitchen, bathroom and garage)
- If unsafe to remain in the house, consider going to a neighbour's to call 000 or to wait for police to arrive
- Can you have a code word with a trusted person (i.e. friend or family) so they can call for help if they receive the signal? If so, who and what code word?  
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- Is there somewhere you can go if you the person using violence behaviour is starting to escalate (i.e. go for a walk, visit a friend, go to your bedroom?)  
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- Can you de-escalate the situation if the person using violence is becoming agitated/aggressive? (i.e. walk away, go to your bedroom, go for a walk, try to stop speaking with them)  
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- Can you arrange to stay with a friend/family for a few nights if it is not feeling safe for you to stay at home? Who and where?  
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# Safety Plan - For Young People



## ***SAFETY WHEN LIVING SEPARATELY FROM THE PERSON USING VIOLENCE***

- Keep your phone charged and on you at all times
- Keep your wallet/bag and house keys in a place you can access quickly
- Keep all your doors and windows locked
- Call 000 or your emergency contact if you are feeling unsafe/during an incident.
- If the person using violence does not know where you are living, be mindful of the pictures you post on social media to ensure they do not give away identifying information.
- Can you keep your address a secret from the person using violence? What are some ways you might do this?  
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- Does the person using violence have a key to where you are living? If so, can you arrange for the locks to be changed?  
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- Have you had a conversation with the other people you are living with about not letting the person using violence into the home? And calling 000 if needed?  
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- Can you have a code word with a trusted person (i.e. friend or family) so they can call for help if they receive the signal? If so, who and what code word?  
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- Do you have access to your own money (employment or Centrelink) and your own bank account? NOTE: Speak with a Centrelink Social Worker to find out more about Centrelink independent rates

# Safety Plan

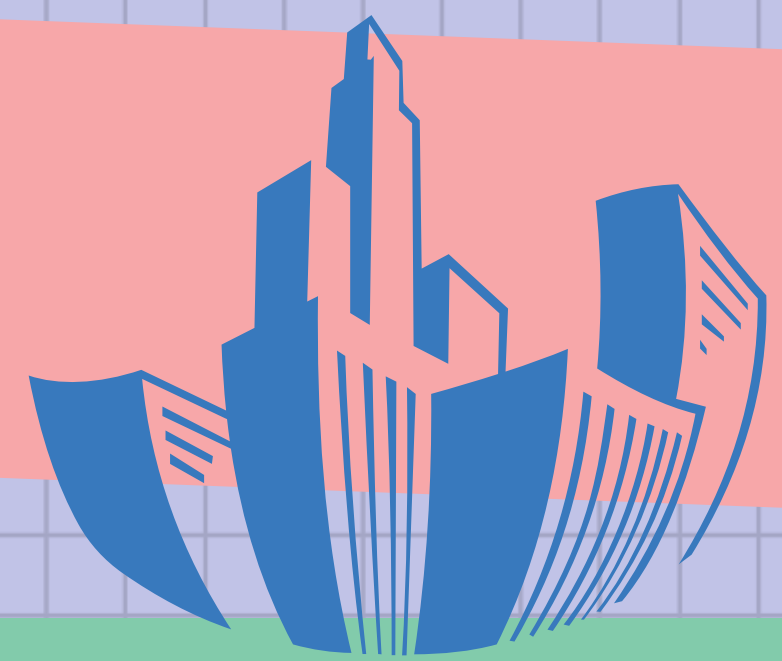
## - For Young People



### ***SAFETY WHEN VISITING THE PERSON USING VIOLENCE***

- Keep your phone charged and on you at all times
- Avoid being in a closed space with the person using violence on your own
- Call 000 or your emergency contact if you are feeling unsafe/during an incident.
- Tell your safe person when you are visiting the person using violence and what time you expect to leave. Let them know when you have left and are safe. Consider setting a time for them to call you if they have not heard from you to ensure you are okay.
- Can you have a code word with a trusted person (i.e. friend or family) so they can call for help if they receive the signal? If so, who and what code word?  
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- Can you bring someone with you when you are visiting? Who?  
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- Is it an option to visit the person using violence in public (i.e. cafe, park) instead of their home? Where might you meet?  
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- Consider your de-escalation strategies for if the person using violence is becoming agitated or aggressive (i.e. will you leave? Can you go into a different room? Can you go outside for some fresh air?)  
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- Know your emergency exit plan: How will you leave quickly? Where will you go? How will you get there?  
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# Safety Plan - For Young People



## ***SAFETY IN PUBLIC (PUBLIC TRANSPORT, ROUTINES, SCHOOL/UNI, WORK)***

- Keep your phone charged and on you at all times
- Consider not having both headphones in when listening to music/podcasts so you can be aware of your surroundings
- If taking public transport, check who is on the bus/train when getting on and try to sit at the front near the driver
- If you have a car and your licence, be mindful of where you park. Consider if you can exit the park easily. eg. reverse park
- If you have your licence and you are meeting someone in public, arrange to park near each other
- Can you vary your routes to and from school/work? How might you do this?  
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- Does someone in your school/workplace know about the violence and how to support you if the person using violence attends?  
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- What will you do if you see the person using violence in public (i.e. call 000, call a friend, leave, find someone safe to talk to?)  
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- Do you know your University campus security number? What is the number?  
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# Safety Plan - For Young People



## ***SAFETY WHEN CONSIDERING MOVING OUT***

- Contact your local family violence service to explore support options and discuss safety
- Contact your local homelessness service for housing support: State-wide homelessness line 1800 825 955
- Consider whether it is safe for you to alert the person using violence that you are moving out or do you need to do this secretly
- Consider how you will access money. Speak with a Centrelink Social Worker or your local family violence service on how to access Centrelink payments at the independent rate. Set up your own bank account
- Consider speaking with your school about your circumstances and safety once you have moved out
- Is there someone you can stay with temporarily until you have yourself set up? Who/Where?

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- Is there someone that can help you leave? Who?

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- Consider when is the best time to leave. Can you leave when the person using violence is not at home? What is your plan to leave safely?

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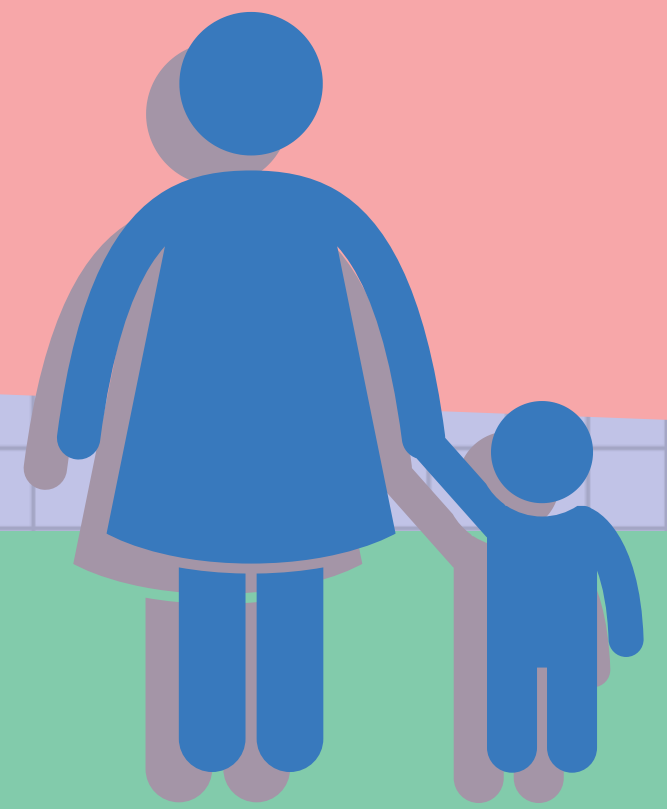
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# Safety Plan - For Young People



## ***SAFETY WITH CHILDREN***

- Speak with your local police if you have concerns about your child's safety or believe they have experienced abuse
- If you have a family violence intervention order (IVO), check your children are included as protected persons. Provide a copy of the IVO to the children's childcare/school
- Consider linking in with parental support (i.e. Maternal Child Health Nurse, GP, Child Protection, parenting programs, mother's group)
- Are the children having contact with the person using violence? Can it be supervised?

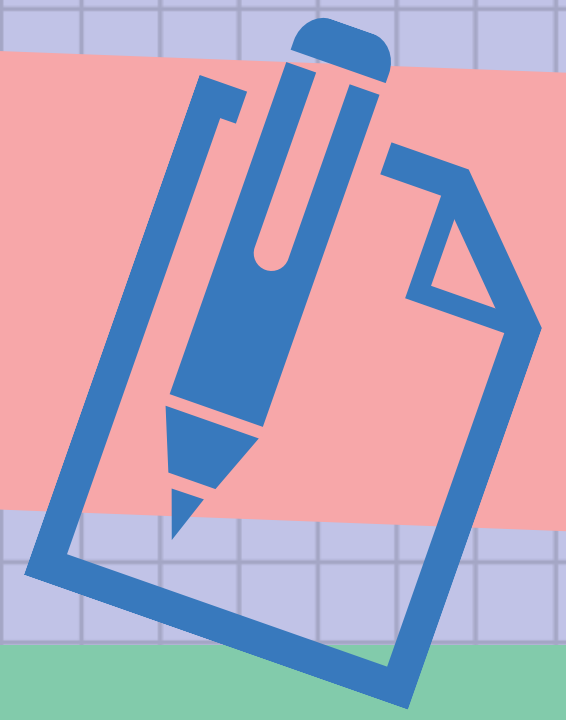
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- Who are safe people in the child's life? (i.e. Maternal Child Health Nurse, maternal or paternal grandparents, friends, teacher)

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- Can you have a safe place for the child to go if they are feeling scared (i.e. bedroom, backyard)?

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- Do you have the capacity to have an emergency exit plan with your child? If so what is it, and can you practice the plan?

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- What do you need to bring for your child? (i.e. pram, nappies, food, formula, carseat, clothes, toys, blanket, medicines)
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# Safety Plan - For Young People

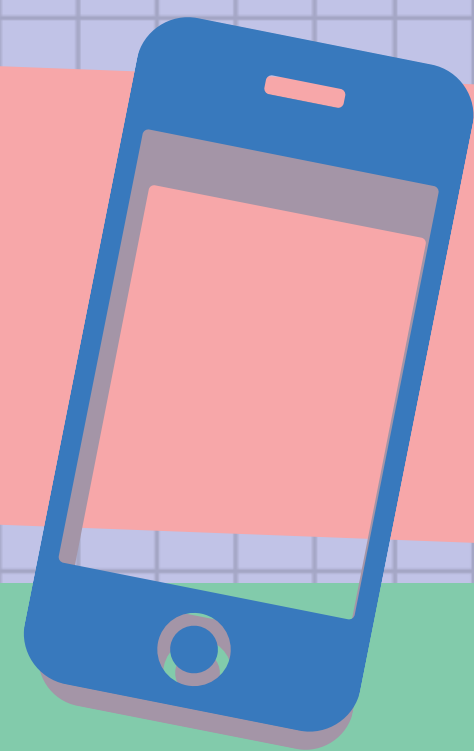


## ***SAFETY WITH A FAMILY VIOLENCE INTERVENTION ORDER (IVO)***

- Consider applying for an IVO against the person using violence to keep you (and your children) safe
- Speak with your local family violence service or police station about IVO's, how they work and how to get support to apply for one
- Speak with Victoria Legal Aid about IVO's and any questions you might have - 1300 792 387
- If you have an IVO, make sure you have a copy and understand what type of Order it is (e.g. do you have an interim order or a final order?)
- If you lose a copy of your IVO, contact the issuing court to get another copy
- Make sure you understand the conditions of the IVO and what the person using violence can and can't do. Contact your local police station or local family violence service if you need something explained
- Report breaches to police and collect evidence of the breach. Consider keeping a diary of any breaches incl. date, time, what happened. Or, download the free 'Arc' app. The app can be used as an electronic diary where you record details of incidents or breaches. For more information visit [www.arc-app.org.au](http://www.arc-app.org.au)
- Provide a copy of your IVO to your school/University and workplace
- If you wish to extend your IVO, contact the court a month prior to the expiry and do not let the order lapse
- If your children are included as protected persons on the IVO, make sure anyone responsible for caring for your children has a copy of the order and understands the conditions. Confirm they understand what constitutes a breach and they know to report any breaches to police by calling 000

# Safety Plan

## - For Young People



### **TECHNOLOGY SAFETY SUGGESTIONS**

- Change the pin numbers and passwords for all of your accounts
- Check that you don't have accounts that are automatically logged in on your phone or computer. Never allow your computer to save your passwords
- Check the security settings on all of your accounts. Make sure there are no linked accounts or devices
- Place two-factor authentication on accounts to protect your privacy and ensure you receive notifications of any account access attempts
- Create a new email address and/or social media accounts if you still feel your accounts are unsafe
- Don't store important information on your phone only. Take screenshots of messages, call logs or photographs and back them up (on drive, email to friend)
- If you do not feel safe on the internet at home consider visiting your local library to use their facilities or contact your local family violence service to see if you can use a computer onsite

#### ✓ **Mobile Phones**

- Location settings turned off
- All outgoing calls set to 'private number'
- All phone apps and badges checked to confirm they are what they say they are. Any suspicious apps deleted
- Anti-virus and anti-spyware software used on phone

#### ✓ **Computers**

- Computer history and cache/cookies cleared after each use
- Sensitive emails (sent or received) have been permanently deleted from the Inbox/Sent Folder and the Deleted Folder
- All social media and emails accounts are logged off/ signed out of. No passwords or log in details are automatically saved
- 'Private' or 'Incognito' mode used when browsing the internet

# Resources - For Young People



## **SERVICES**

**YSAS** (Youth Support & Advocacy Service) - <https://ysas.org.au/>

Provides youth support for young people experiencing substance abuse, mental health, offending behaviours and can support to link with appropriate services

### **Access Health & Community**

<https://accesshc.org.au/services/alcohol-and-other-drugs-counselling-melbourne/>

Provide Alcohol and Other Drug (AOD) support for young people (12-25)

**Thorne Harbour** - <https://thorneharbour.org/lgbti-health/alcohol-and-other-drug-services-aod/youth/>

Provide AOD Support for youth in the LGBTIQ+ Community

**Qlife** - <https://www qlife.org.au/>

Provides free peer support for the LGBTI community via telephone or webchat.

**With Respect** - <https://www.withrespect.org.au/>

Provides support for LGBTIQ+ people of all ages who may be experiencing Family Violence

**Eating Disorder Victoria (EDV)** - <https://www.eatingdisorders.org.au/>

Support for people in Victoria who are struggling with eating disorders.

**Youth Law Australia** - <https://yla.org.au/>

Provides free and confidential legal information and help for young people under 25

**VACCA** - <https://www.vacca.org/page/about>

The Victorian Aboriginal Child Care Agency (VACCA) provides support to individuals who are Aboriginal, or non-Aboriginal who have an Aboriginal Family Member.

Services include Family Violence support, youth services and program, child and family programs and cultural strengthening programs

### **Melbourne City Mission - Frontyard**

<https://www.mcm.org.au/homelessness/frontyard>

Support for people aged 12-25 year olds experiencing homelessness, at risk of homelessness, disengaged or requiring support

# Resources - For Young People



## INFORMATION

### Love Is Respect

<https://www.loveisrespect.org/>

### Head Space

<https://headspace.org.au/young-people/life-issues/relationships-and-sex/>

### Butterfly Foundation

<https://butterfly.org.au/get-support/helpline/>

### Inside Out Institute

<https://insideoutinstitute.org.au/>

### What's Okay at Home?

<https://woah.org.au/>

### Youth Affairs Council Victoria

<https://www.yacvic.org.au/>



## Eastern Domestic Violence Service Inc.

EDVOS is a child-focused and child safe organisation.

PO BOX 698, Ringwood VIC 3135

 9259 4200  [edvos@edvos.org.au](mailto:edvos@edvos.org.au)  [edvos.org.au](https://edvos.org.au)



If you are in immediate danger  
please call  000

