

Safety During An Explosive Incident

Go to an area that has an exit

If an argument seems unavoidable, try to ensure you are in a room or area that has access to an exit. Avoid the bathroom (near hard surfaces), kitchen (knives) or anywhere a weapon can be used.

Stay in a room with a phone

Call **000**, a friend or a neighbour, if possible. Let them know if there are weapons in the home.

Know your escape route

Practice how to get out of your home safely. Identify which doors, windows, elevators, or stairs would be safe and easy to access. Visualise your escape route beforehand, then if anything happens you will quickly know what to do and where to go to get to safety.

Have a packed bag ready

Keep it hidden in a handy place in order to leave quickly, or leave the bag elsewhere if your abuser searches your home.

Tell a trusted neighbour

Identify a neighbour you can tell about the violence and ask that they call the police if they hear a disturbance coming from your home.

Devise a code word or signal

Make up a code word to use with your children, family, friends, and neighbours when you need the police. Tell them what you want them to do when you use the word, such as call the police or knock on the front door.

Know where you're going

Decide and plan where you will go if you have to leave the home (even if you don't think you need to). Do this by setting it up in advance with your support person - it may be your sister or mother or a friend's place. Make your plan with them before anything happens.

Trust your judgement

Consider anything that you feel will keep you safe and give you time to figure out what to do next. If the situation is very dangerous, use your own instincts and judgement to keep yourself safe. Remember it is better to look after your own safety first as you may be in more danger if you stay and try to resolve the issue or pacify the violent person. This is not likely to be successful if the person is in a violent rage. So don't risk trying to work it through if this has continually failed in the past.

