Newfoundland
Labrador

Tips for Victims of Intimate Partner Violence

Develop a Safety Plan

- **Contact help:**
    - Police can be called to provide immediate help.
    - Tell someone you trust about the violence, even if you do not contact the police.
    - Create a code word with friends and family so they know to call for help if you are unable to leave.
    - Let trusted neighbours know of your situation and develop a plan and visual signal for when you need help.
    - If possible, have a phone handy at all times and know what numbers to call for help.
    - Teach your children how to get help. Instruct them not to get involved in the violence between you and your partner. Plan a code word to signal them that they should get help or leave the house.
        - Provincial child welfare legislation considers living in a situation where there is a risk of violence to be a form of maltreatment.
- **Prepare to leave:**
    - Have a safe location to store a bag packed with things you would need to grab quickly to leave in an emergency.
        - Identification and other important documents
        - Bank cards, credit cards, and money
        - Extra set of keys
        - Cell phone
        - Extra clothes
        - Medications
    - Practice how to get out safely.
    - Call a community support line periodically to assess your options and identify resources available to you.
    - Do not tell your partner you are planning to leave.

Violence Prevention Initiative (2015)

- **If violence occurs:**
  - Identify your partner's use and level of force so that you can tell when you and your children are in danger before it occurs.
  - Identify safe areas of the house where there are no weapons (e.g., not the kitchen) and there are ways to escape. If arguments begin, try to move to one of those areas.

Computer Safety

- Computer and internet use can be monitored and the record is impossible to completely clear.
  - Monitoring programs, like spyware and keystroke loggers, can easily be installed by an abuser to track your internet and computer activity, allowing them to see what you're doing on the computer (e.g., looking up safety plans).
  - If you are concerned your internet or computer use is monitored, use a safer computer (e.g., trusted friend's, workplace, public library)
    - You may want to keep using the monitored computer for safe activities, like looking up the weather. Use a safer computer to research an escape plan, look for new jobs or apartments, or ask for help.
- To delete internet use records that are normally stored by your computer while browsing on the internet:
  - Clear cache: http://www.wikihow.com/Clear-Your-Browser%27s-Cache
  - Clear cookies: http://www.wikihow.com/Clear-Your-Browser%27s-Cookies
  - Clear internet history: http://www.wikihow.com/Delete-Web-History
  - Clear internet search history: http://www.wikihow.com/Clear-Internet-Search-History
  - To prevent your internet use being saved in the browser: http://www.wikihow.com/Activate-Incognito-Mode
  - If you are being monitored, it may be dangerous to change your computer behaviours, such as suddenly deleting your entire internet history, if that is not your regular habit.

Sources:
Royal Canadian Mounted Police. (2012). *Intimate partner violence and abuse – It can be stopped*. Retrieved from Royal Canadian Mounted Police website: http://www.rcmp-grc.gc.ca/cp-pc/pdfs/int_par-rel_int-eng.pdf
American Psychological Association. (2012). *Intimate Partner Violence Facts and Resources*. Washington, DC. Retrieved from American Psychological Association website: http://www.apa.org/topics/violence/intimate-partner-violence.pdf