



SAFETY PLANNING FOR PET OWNERS AFTER YOU LEAVE

**THE MOST DANGEROUS TIME IN AN ABUSIVE RELATIONSHIP IS
WHEN YOU DECIDE TO LEAVE THE RELATIONSHIP.**

HOW DO I KEEP MY CHILDREN, MY PETS, AND MYSELF SAFE?

Escaping a relationship that is plagued with abuse is complicated. In fact, deciding to leave an abusive relationship is often just the beginning of the journey. **Studies show, you are at the highest risk of being seriously injured or killed when you decide to leave a violent relationship.**

If you are in an abusive relationship, it is important to have a personalized safety plan to keep you and your loved ones safe. You should have a safety plan whether you plan to stay in the relationship, are contemplating on leaving, or have already left the relationship.

WHAT DO I DO IF THE ABUSER FINDS ME?

If the situation between your abuser continues to escalate even after you have left:

- Document everything and contact the police
- Apply for an Emergency Protection Order for you and your pet(s)
- Have important contact information available in case of an emergency
- Contact the Pet Safekeeping Program at the AB SPCA at **780-447-3600 ext 3750**

EMERGENCY SHELTER NUMBER: _____

LOCAL COURT OFFICE NUMBER: _____

SOCIAL WORKER/COUNSELLOR NUMBER: _____

LANDLORD NUMBER: _____

TRUSTED FRIEND NUMBER: _____



SAFETY PLAN SUGGESTIONS

IF YOU ARE STAYING IN YOUR CURRENT RESIDENCE:

- Consider installing new window and door locks.
- Install an alarm system and/or motion detectors.
- Change your phone number and make your number private.
- Get a PO box so the abuser cannot check your mail.
- Apply for an emergency protection order and include your pet(s).
- Do not let your pet(s) roam outdoors; the abuser may gain access to them this way.
- If you take your pet(s) for walks, change your route.

IF YOU ARE LEAVING OR MOVING TO A NEW RESIDENCE:

- Consider renting a post office box or using your work address for mail.
- Be cautious when giving out your new phone number or address – family or friends may pass it on to the abuser.
- Change your work hours if possible.
- Find a new doggy daycare, veterinarian, groomer, etc.
- If you have children make sure the school is aware of the safety concerns and consider switching schools, sporting groups, after school programs, etc.

IF YOU HAVE AN EMERGENCY PROTECTION ORDER:

- Keep a copy of the emergency protection order with you at all times.
- Make sure that trusted friends, family, neighbors, employers, school officials, etc. know about the order.
- Circulate a photo of the abuser to employers, neighbors, schools, and any businesses utilized by your pet(s).
- If you do not have an emergency protection order and feel you might need one, call your local law enforcement agency. Ask to have your pet(s) included on the protection order.

CHANGE YOUR DAILY PATTERNS:

- Reschedule appointments or meetings that the abuser may be aware of.
- Shop at new grocery stores, go to a different gym, change gas stations, find a new place of worship, take different routes to work, etc. - change all of your daily patterns.
- Find a new dog park or walking trail, etc. and frequent different social spots.

BE CAREFUL AND VIGILANTE:

- Make your social media accounts private, change passwords and PIN codes to everything including social media accounts, email, gas companies, banking, shopping accounts, etc.
- Get a new computer incase spyware is installed on your computer to track your location.
- Never isolate yourself in an empty parking lot or while taking part in activities that are in secluded areas.
- Document everything and keep a record of all texts, emails, stalking, etc.
- Have a safety plan in place and update it regularly - include children and pets in your safety plan.

