

## SEXUAL VIOLENCE AT HOME:

# SAFETY PLANNING TIPS

Sexual abuse, sexual assault and sexual harassment are forms of sexual violence, and like verbal, psychological or physical violence, are never justifiable. Sexual abuse and assault can be defined as any non-consensual sexual contact, while sexual harassment includes unwanted sexual advances and comments.

In the case of housing, sexual harassment may also include making uninvited visits to a person's residence (either when they are home or not home), refusing to make needed repairs and/or do maintenance, threatening to cut services and threatening to evict someone if they do not go along with sexual advances.

If sexual violence is being experienced at home, (for example by a partner, family member, roommate, neighbour or landlord) having a safety plan can be a way to increase your own (as well as your children's) safety.

Review and update your safety plan regularly, as abusive situations and risks can change quickly. This info sheet provides suggestions to consider when creating your safety plan.

### If you are living with an abusive partner, family member or roommate

- Create a list of telephone numbers including local police, nearest shelters, help lines, family members, friends, counsellors, children's friends, etc.
- Make arrangements with friends or family so that you can stay with them if necessary.
- If you have call display on your phone, be careful about who can access stored numbers (such as the last number you dialed or received a call from).

- Consider a plan for the safety and wellbeing of your pet(s) such as making arrangements with friends or family.

### If you decide to leave

- Try to bring what you would use every day,
- An extra set of keys for the apartment or house and vehicle
- Small bills and change for taxis and telephone calls
- Identification papers (or copies) for yourself and your children: passport, social insurance card, birth certificates, immigration papers, citizenship card, aboriginal status card, driver's licence and registration, health cards and children's immunization records
- Divorce and custody papers
- Restraining orders, peace bonds, any other court orders
- Bank books, cheque book, credit cards, mortgage or loan papers (or copies)
- Lease/rental agreement, property deed, business or partnership agreements, rent or mortgage payment receipts
- Address book
- Photograph of your abuser to help identify him/her
- Clothing for yourself and your children
- Medications
- Cell phone/laptop
- Infant or car seat
- Your child's favourite toy/blanket
- A list of other items you can pick up later, or have picked up by someone else



# HELPFUL RESOURCES

## ON CAMPUS

**Sexual Assault Resource Centre (SARC)**  
SGW H 645, 514-848-2424 ext. 3353

**Counselling & Psychological Services**  
SGW H-440, 514-848-2424 ext. 3545  
LOY AD-103, 514-848-2424 ext. 3555

**Health Services**  
SGW GM-200, 514-848-2424 ext. 3565  
LOY AD 131, 514-848-2424 ext. 3575

**Office of Rights and Responsibilities**  
SGW GM-1120, 514- 848-2424 ext. 8659

**Centre for Gender Advocacy**  
2110 Mackay St., 514-848-2424 ext. 7431

## OFF CAMPUS

**Montreal Sexual Assault Centre** (designated centre)  
(8 a.m. - 5 p.m.) 514-934-0354

**Montreal General Hospital** (designated centre)  
(5 p.m. onwards) 514-934-8090

**Sexual Assault Centres**  
(CALACS) 514-529-5252

**Crime victim's assistance centres**  
(CAVAC) 514-277-9860

**Help and information centre on sexual harassment  
in the workplace** (GAIHST) 514-526-0789

**Sexual Assault Provincial Helpline (24/7)**  
1-888-933-9007 or 514-933-9007 in Montreal

## If you may need to leave in a hurry:

- Establish a code word with your children to let them know you are in danger and to contact police immediately and protect themselves during a violent incident.
- Establish a code word with a friend or family member that can be used over the phone, in a text message or email to let them know you are in danger.
- Plan an escape route and avoid places where weapons such as knives or guns are kept.
- Have a small bag with essentials kept with a person you trust, away from your home.

If you want help creating your safety plan, need more information, resources or someone to talk to about your experience, contact the Sexual Assault Resource Centre (SARC) by phone, email, or come by and see us in GM 300.27.

**Drop-In hours are Monday to Friday, 10-4 p.m.**  
**SARC coordinator: 514-848-2424 ext. 3353**  
**Drop-In: 514-848-2424 ext. 5937**  
**Email: [sarc@concordia.ca](mailto:sarc@concordia.ca)**

## WHO WE ARE

The Sexual Assault Resource Centre provides confidential and non-judgmental support to Concordia University students, staff and faculty of all genders and orientations who have been affected by sexual violence and/or harassment.

Through education and awareness raising initiatives, the Sexual Assault Resource Centre is committed to working towards the prevention of sexual violence and harassment. Our services include crisis intervention, advocacy, accompaniment, outreach and referrals.

We are committed to providing services that are inclusive, appropriate and relevant to a diversity of people and survivor experiences.

For more information and resources please contact the Sexual Assault Resource Centre at:  
Phone: 514-848-2424 ext. 3353  
Email: [sarc@concordia.ca](mailto:sarc@concordia.ca)

**LEARN MORE AT: [concordia.ca/sarc](https://concordia.ca/sarc)**

SGW CAMPUS: 1455 De Maisonneuve W., H 645 • 514-848-2424 ext. 3353 • [sarc@concordia.ca](mailto:sarc@concordia.ca)