

## Internet Safety Hints:

☑ Remember that when you visit a website, the address will be stored in the history section of the 'view' menu dropdown, which allows others to check and access the same websites. The following steps will remove the address and help you protect your privacy.

### Internet Explorer:

1. Open Internet Explorer
2. Select the "Tools" button at the top of the screen then "Internet Options"
3. Select the "Delete Files" button in the "Temporary Internet Files" section
4. Make sure "Delete all offline content" is checked and click "OK"
5. Select the "Delete Cookies " button in the "Temporary Internet Files" section and click "OK"
6. Select the "Clear History" button in the "History" section and click "yes"
7. Click on "OK"



## Remember...

- **Don't wait to get help.** Without intervention things usually get worse for you and your children.
- **The abuse is NOT your fault and there is no excuse for it.** The person who commits the acts makes a choice to behave that way.
- **You are not alone** and there are people to help you plan for your safety.
- **You can** ask Centrelink about income support.



## Helpful Numbers

### Cairns Regional Domestic Violence Service

Cairns : 07 4033 6100  
Tablelands : 1300 909 250  
Mossman : 1300 909 250

### DV Connect

(24 hrs and access to safe accommodation)  
1800 811 811

### The Womens Centre Cairns

4051 9366

### NQ Women's Legal Service

4033 5825  
1800 244 504



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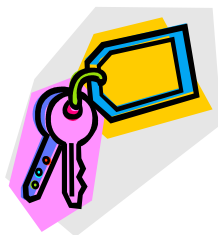
Safety Hints  
for Women in  
Domestic and  
Family  
Violence  
Situations.



## Hints for your Safety

If you are unable to leave an abusive relationship at present, there are things that you can do to try and increase your safety.

- Listen to your 'early warning signs': when you get the feeling/intuition that something is going to happen, get out then. You do not need to get hurt first before seeking help.
- Have an excuse ready so that you can leave quickly if your partner becomes threatening.
- Decide where you might go if you need a safe place to stay—friends, family or a woman's shelter.
- Have a small bag packed with clothes and important documents like passports and ID for yourself and your children in a safe place at home, in the car or at a friend's place.
- Keep a spare set of keys to the house/car in a safe place. (Maybe your packed bag).
- If you can, try to put some money away for an emergency.
- If you are unable to leave, decide where is the safest place—inside or out to have an argument. Avoid the kitchen and bathroom.
- Let children know what to do in an emergency (where to go, who to phone eg the police and ambulance)
- Let supportive persons know about the violence, tell family, friends and neighbours.



## After leaving a violent partner:

- ◆ When you leave ask the electricity board, Telstra etc to keep your forwarding address confidential.
- ◆ Tell others about what has been happening, so they can look out for you and your children. Ask the school to let you know if he turns up there.
- ◆ Consider whether a personal alarm would be useful for you.
- ◆ Use an answering machine to screen calls or get a phone with caller ID.

### Safety Plan Checklist:

I have ...

- A safe place to go
- Important documents in a safe place
- An emergency plan
- Put away emergency money
- Talked to the children about what to do in an emergency
- Asked neighbours to call the police when he is violent
- Spare keys to the house/car in a safe, readily available place



## Telephone Safety

### Hints:



- If your partner has access to your phone and you or someone else in the house has just called a phone number, then your partner can use the redial button to find out who you have just been talking to.
- If you ring our service or the 1800 number they will appear as private numbers on a landline but if you call from a mobile it will display 'private number' but the numbers will still appear itemised on your account.
- Remember also that STD numbers are itemised on phone bills.
- Apply for an unlisted number. Silent numbers protect your safety and remember to keep your number safe. Ex partners have discovered silent numbers through raffle tickets or through others.
- If making a reverse charge call the silent number will appear on the bill of the person telephoned.
- If an ex partner is abusive when phoning for child access consider purchasing a mobile phone which is only switched on at the times you wish contact to be at. At other times an answering machine can be used. Abusive messages can be used as evidence for breaches of Protection Orders.

