



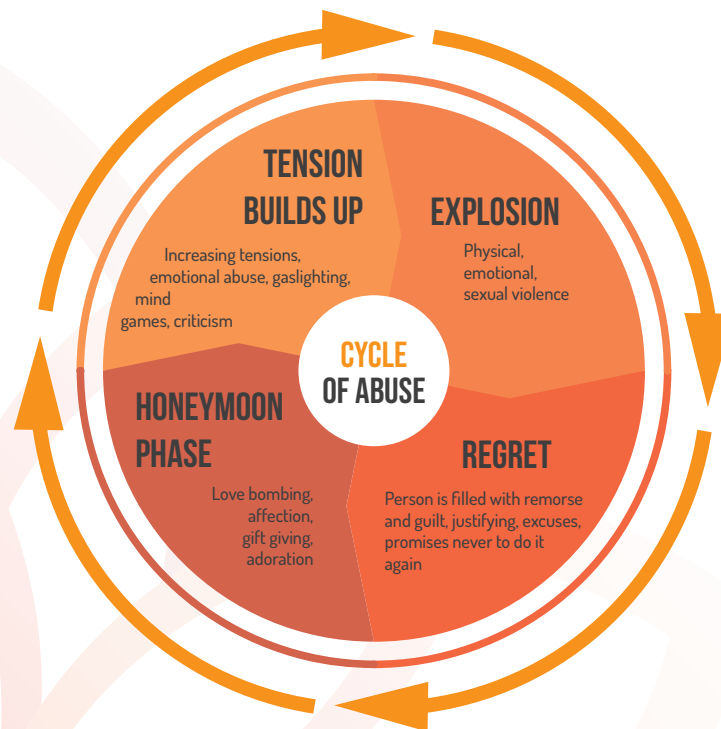
"It is everyone's right to **live safely**, make their **own decisions** and create the life **they choose**".

What can we do to help assist & support you...

Wexford Women's Refuge

Freephone:
1800 220 444

- **24-hour freephone** helpline
- **Emergency crisis** accommodation
- **Support** & Information
- **Court** accompaniment
- **1:1** keyworking
- **Referral pathways** to services, other agencies
- **Outreach** Support
- **Advocacy**



Safety Plan Checklist:

What to take if I need to leave?

Collect together the following items and hide them somewhere you can get to in a hurry. Store them with a friend/family member if possible:

- Benefit cards
- PPS, PRSI
- Birth certs
- Medical Card
- Legal documents/papers
- Passports
- Any prescription medication you may need
- An extra set of keys to your home or for your car
- Enough money to get to a safe place by bus or taxi
- Some clothes and/or school uniforms

Signs of a Healthy Relationship

- Your partner asks you for your opinions and thoughts
- You work through problems together
- Your partner is a good listener
- You feel you can end the relationship if you choose
- Your partner has a good relationship with your friends & family
- You have mutual respect for each other
- To support one another and confide in each other
- Healthy sexual relationship, open communication and consent
- Setting boundaries you are comfortable with

Personal Safety Planning:

Putting a safety plan into action

Planning your departure, how to leave safely, who to contact, trusted person who knows your plan.

Where can you make a telephone call safely

Storing of emergency numbers in your phone (be discreet)

Emergency number easy to access via phone

Code words with friend/family who is aware of your safety plan

A safe place where you can stay in an emergency

What to tell the children & how to talk to them about it when you need to put the safety plan into action

What Court Orders Can I Apply For?

Temporary Orders:

Interim Barring Order: It is a temporary Order requiring the perpetrator to leave the home. It will last until the full hearing of the Barring Order but can last no longer than 8 working days.

Protection Order: If the court has reasonable grounds to believe your safety and welfare are at risk. The perpetrator is prohibited from using further violence or threats of violence/abuse but is not required to leave the home.

Barring Order:

A Barring Order requires the perpetrator to leave the home and prohibits them from returning. The perpetrator must stop using or threatening to use violence against you and your/children.

It prohibits them from watching or being close to your home, following or communicating, including electronically with you or a dependant.

The order can last up to last up to 3 years.

Safety Order:

Safety Order does not require the perpetrator to leave the home. However it prohibits them from using or threatening to use violence against your and/or dependants.

If the perpetrator is not living with you it prohibits them from watching or being near your home, following or communicating with you electronically and/or dependants. A Safety Order can last up to 5 years.

How Can I Apply?

Court application forms are available at Wexford District court office **Monday to Friday 9am - 5pm** alternatively you can contact Wexford Women's Refuge **1800 220 444** for assistance.

Forms of Domestic, Sexual & Gender-based Violence

Emotional:

Verbal abuse, isolates you from family & friends, threatens to harm you or your dependents / pets.

Physical:

Intentional bodily harm including punching, slapping, kicking, strangling, biting, restraining, or using a weapon to assault you.

Sexual:

Pressuring you into having sex or performing sex acts, shares or threatens to share sexual images of you, hurts you with objects during sex or forcing you to watch pornography, rapes you.

Financial / Economic:

Keeps you financially dependant on them, denies you access to the family finances, monitors your spending, forbids you from employment, runs up debts in your name, refuses to pay towards child maintenance.

Coercive control:

Persistent pattern of controlling coercive and threatening behaviours including all or some forms of DSGBV by a partner or ex-partner. Examples include taking control over everyday aspects of your life, puts you down repeatedly, degrades you, monitors online activity.

Social / Cultural / Cyber:

When they use aspects of a victims cultural or sexual identity to inflict suffering or as a means of power/control. Racial slurs, denying dietary / dress customs or their faith, female genital mutilation.

The use of technology to establish power and control by causing fear and intimidation, cyber bullying harassment, stalking and digital abuse.

Who Can I Call For Help?:

Garda Support: Emergency 112/999 / Wexford Garda station 053 9165200 / New Ross Garda station 051 426030 / Gorey Garda station 053 9430690 / Enniscorthy Garda station 053 9242580

Legal Services: Wexford Court 053 9122097 / Legal Aid Board 053 9122622 / FLAC (Free Legal Advice Centres) 019061010 / MABS (Money Advice and Budgeting Service) 0818 072780

Safety for Domestic Sexual and Gender Based Violence: Wexford Women's Refuge 1800 220 444
Wexford Rape Crisis Centre 1800 330033 / Women's Aid 1800 341900 / Men's Aid 01 554 3811
Tech safety www.techsafety.org / Bright Sky (DSGBV safety app) / www.toointoyou.ie