

Safety In Rural Areas

Planning to keep yourself and your loved ones safer is complicated, especially if you live in a rural or remote area.

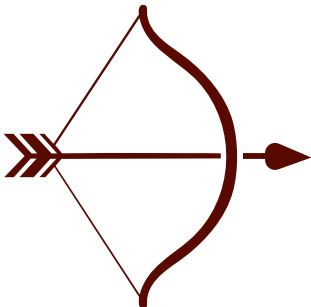


Cell phone coverage and the quality of internet services are often unreliable in rural areas. Support services are often clustered in cities and have limited hours.

You might be at a distance from even your closest neighbours or trusted loved ones. In an emergency, it may take police or first responders a long time to reach you and you might not have access to safer, reliable transportation, especially in places where there is no public transit.



Regardless of being intended for industrial or hunting purposes, tools and guns can be used as dangerous weapons against people in rural communities.



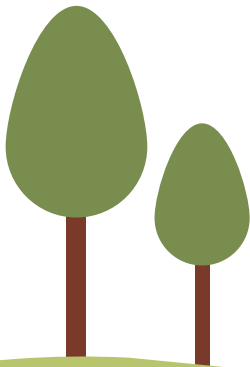
What resources do you need to feel safer – a cell phone, pre-arranged ride to town, cash-in-hand?

Leaving an abusive situation might be complicated if you are also responsible for the safety of vulnerable or disabled loved ones, as well as farm animals or pets. The culture of

Everyone Knows Everyone

in small towns might mean that abusers have family and friends who would put your safety at risk, even after you leave.

Who can help you get these safety essentials?



Contact the Renfrew County Sexual Assault Centre’s Crisis Line **1-800-663-3060**

OR

Visit Community Legal Information Services Ontario <https://www.cleo.on.ca/en/publications/handbook/what-is-a-good-safety-plan> to help develop your safety plan.

Identify at least one person (more is better but not always realistic) who you can rely on for help. You will know who to talk to because these are the people in your life who make you feel seen and heard - at school, in a faith community, at work, or in social settings. They're the people in your life who show-up for you, even when things are hard.



Come-up with a secret code word with trusted people and loved ones, that means you need them to contact the police right away.



Plan an escape route that includes a safer, separate place you can go while waiting for support people or police to arrive. Where is your nearest neighbour? What is the safest room in the house with a locking door? Try avoiding kitchens, workshops, garages, and barns.

Check your cell phone reception and service signal often, wherever you go. Keep emergency numbers on speed-dial and if you need to call 911, tell them your location right away.



Find-out how many weapons and guns there are in your home and how they are stored. If you need to call a support person or 911, tell them this information. Do you have access to a reliable vehicle?



Keep your keys or fob on you as often as possible. Who else can help you with transportation in an emergency?

Check-in with your support circle regularly. Be sure that the people you trust know that if they don’t hear from you, they should attempt to contact you and make sure you’re okay.