

Safety Plan

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**A/PI DVRRP's Guide:
Building a Safety Plan**
Social distancing and self
quarantine practices
disproportionately impact
survivors of Domestic
Violence and Sexual Assault
and immigrants who're
forced into close proximity
to their perpetrators.

#SAAM #TealDay #RaiseAPIVoices



Safety Plan

What is a Safety Plan?

A safety plan is a set of steps you can take to reduce the risk of harm in unsafe situations with an abuser. It's a personalized, practical plan that includes ways to remain safe while in a relationship, planning to leave, or after you leave.

#SAAM #TealDay #RaiseAPIVoices



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Safety Planning Basics with COVID-19

- Seek social support
 - Identify trusted friends, family, online support groups to combat isolation
- Create support system code word for dangerous situation. Let your children/trusted support systems know.
 - Give your children emergency numbers
 - Keep your emergency contacts close
 - Identify at least two people who you can contact with code word if you are in trouble.
 - Plan together in advance what your next steps would be.



*Adapted from Sanctuary for Families



Safety Planning Basics with COVID-19

- Take frequent breaks as you can, to avoid long amounts of time indoors that can build pressure
 - Take walks outside, spend time in a yard or park.
 - Take advantage of opportunities to run errands (while maintaining 6ft social distancing precautions)
- Identify your "safe room"
 - If arguments arise you can move to this room where there are no weapons and an exit option for you.
- Create a "peaceful space" for yourself
 - Here you can do activities with kids and centering activities for yourself.



*Adapted from Sanctuary for Families



Safety Planning Basics with COVID-19

- Build a readily available "to-go-bag"
 - Identify essential documents
 - Take photos or make copies (send copies to trusted friend/family too)
 - Save them in a place that is safe and accessible to you.
 - Keep essential medication in a safe and secure location.
- Hide small amounts of food somewhere accessible.
- Keep Cell Phone and keys close
 - Keep charger nearby/have backup charger.
 - Wear clothes with pockets so you can easily carry your phone with you.

*Adapted from Sanctuary for Families



If you or a survivor you know needs help to work through safety planning, receive peer support, and get connected to more resources call our hotline

202-833-2232

Hotline Hours:
Mon-Thur 9-6:30pm
Fri 9-6pm

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