A/PI DVRP'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
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.

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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.

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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-Thu 9-6:30pm
Fri 9-6pm

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