



SAFETY PLANNING

SAFEHAVEN A SAFETY GUIDE FOR DOMESTIC VIOLENCE SURVIVORS

TO PLAN WITH AN ADVOCATE, CALL OUR HOTLINE AT 1-877-701-7233

1. CREATE A CODE WORD AND EXIT PLAN

Create an exit plan ahead of time with someone who can support this need. Identify at least two people who you can contact with a code word to let them know you are in trouble. Is there a friend or trusted relative you can stay with if needing? If you choose to write your plan somewhere, consider listing only key words that would not be clear to your abuser.

2. PLAN WITH YOUR CHILDREN

Decide how you will communicate urgency to your children. Some survivors may create a code word with their children that lets them know how to run a safe space you have already decided upon. Practice calling 911 with your children.

3. PACK AN EMERGENCY BAG

Pack a bag with extra keys, clothes for you and your children, medications, a pay-as-you-go cellphone and copies of important documents, including IDs, social security cards, birth certificates, immigration documents, health insurance and Protective Orders. Please use a method that is safe for you. If you need food and supplies but do not have money, check your local food pantry, places of worship, etc.

4. NOTIFY POLICE BEFORE AN EMERGENCY

Notify your local police of your concerns. Let them know the history of your relationship and that you have concerns of being isolated with your abuser.

5. FIND THE “SAFEST ROOM”

Identify an area of your home you can move to where there are no weapons and there are ways for you to escape, such as a door or window.

6. SEEK SOCIAL SUPPORT

With social distancing and quarantine, survivors may feel even more isolated. Identify trusted friends and support groups where you can connect virtually. If you have a friend who is experiencing abuse, reach out to them even more.

7. CREATE A PEACEFUL SPACE

If you cannot leave home, create a personal haven for you if possible. You can draw, paint, create or write positive affirmations to take care of your mental health. This is also an activity you can practice with your children.