

6 SAFETY PLANNING IDEAS

SAFETY TIPS TO PASS ON TO SOMEONE IN AN ABUSIVE RELATIONSHIP

1

ENCOURAGE THEM TO CREATE A CODE WORD WITH FAMILY OR FRIENDS TO ALERT THEM THAT SOMETHING IS WRONG OR THAT THEY ARE IN DANGER.

2

ENCOURAGE THEM TO KEEP THEIR PHONE CHARGED AND NEARBY AT ALL TIMES. ALSO ENCOURAGE THEM TO GO THROUGH THEIR PHONE OR COMPUTER TO SEE IF THEIR PARTNER HAS BEEN TRACKING THEM.

3

ENCOURAGE THEM TO CREATE AN EXIT PLAN (WITH CHILDREN IF NEEDED), PACK AN EMERGENCY BAG WITH ESSENTIALS (CHARGED PHONE, CLOTHES, DOCUMENTATION, MONEY, MEDICATION, ETC.).

4

ENCOURAGE THEM TO LEAVE AN EMERGENCY BAG AT A FRIENDS HOUSE, WITH A FAMILY MEMBER, OR WITH A NEIGHBOR THEY TRUST.

5

IF THE ABUSER LEAVES THE HOUSE, EITHER FROM A PROTECTIVE ORDER, OR WILLINGLY, ENCOURAGE THEM TO CHANGE THEIR PHONE NUMBER AND UPDATE HOME SECURITY.

6

IF THEY ARE PLANNING TO LEAVE, PROVIDE THEM THE HOTLINE TO HEARTLY HOUSE OR A LOCAL DOMESTIC VIOLENCE CENTER.