

Safety Planning Guide

RESPONSES FOR URBAN NATIVE PROGRAMS

Safety planning makes a difference!

It helps prepare for the likelihood of future violence and enables survivors to have options and protect themselves when emergency responders might be too far away. It should be ongoing process and done in a way that develops the survivor's skills to continue doing their own safety planning.

Focus safety planning on anticipating the actions of the abuser, looking at dangers, recognizing that abusers shift their tactics. Your plan should be adaptable, exploring options, considerations for children, putting in place strategies to protect, to inform support, and to avoid and escape the violence.



IMPORTANT TO INCLUDE

Identify current Safety Plans

- Include protection, staying, and leaving strategies
- What is the time frame for your strategies?
- What personal and public resources have you identified?
- How do you think your abuser will react to your strategies?

Identify past Safety Plans

- What has been tried?
- How did it work?
- Would you try it again?
- What was the abuser's reaction to it?

Strategies	Safety at Home	Safety at Work	Safety for my Children
Staying	<p><u>Where is a safe space in the house?</u></p> <ul style="list-style-type: none"> • Away from weapons. • Access to a phone. • Access to an exit. <p><u>Where can you go to for a short period of time?</u></p> <ul style="list-style-type: none"> • Neighbor, friend, family? • How accessible is your car or a bus? 	<p><u>Do you have a safe space to go to if the abuser shows up at work?</u></p> <ul style="list-style-type: none"> • Is there someone in your place of work that can be prepared to call the police if needed? 	<p><u>What are the safe spaces for my children?</u></p> <ul style="list-style-type: none"> • Are my children prepared? • Do my children know what to do? • Do they know where to go to be safe? • Do they understand they should not try to stop the abuse, or they could be hurt?
Leaving	<p><u>Do you have a safe place to go to?</u></p> <ul style="list-style-type: none"> • Make copies or take pictures of important documents. • Keep a credit card or some money in a safe location. 	<p><u>Is it possible to change your work schedule or your place of work?</u></p>	<p><u>Has the school been notified the child(ren) should not be released to the abuser?</u></p> <ul style="list-style-type: none"> • Do they have a protection order on file?
Relationships	<p><u>Do you have someone you can trust to talk to?</u></p> <ul style="list-style-type: none"> • Can you store some items with them if you must flee? • Will they hold a credit card or money for you? 	<p><u>Do you have a co-worker that is aware of the abuse that can be helpful?</u></p>	<p><u>Is there someone that can help by removing the children from an abusive situation?</u></p>



CONTACT AN ADVOCATE

An Advocate can help you think about your options and help you develop your safety plan. You don't have to do this alone.

They are confidential, no information is shared without your permission. And there is no charge to you.

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