Domestic Violence Safety Plan for Survivors

Safety planning is critical as it highlights valuable ways that you can protect yourself and reduce the risk of future harm.

☐ Emergency Bag

Consider putting together an emergency bag to keep with a trusted loved one. Important items to put in an emergency bag may include:

Legal Documents
- Marriage papers
- Divorce papers
- Custody papers
- Personal protection order (PPO)
- Medical records & insurance cards

ID Cards
- Drivers License
- Birth Certificates
- Social Security Cards
- Passports
- Immigration Documents
  - Green Card
  - Visa
  - Naturalization Papers

Additional Items
- Money
- Spare keys
- Medications
- Clothes
- Formula and Diapers

☐ Internet and Technology Safety

Always be cautious with internet use, as use can be monitored or tracked unknowingly. Additionally, consider taking the following steps:

Consider Internet Safety
- Delete browser and call history regularly
- Have a quick exit plan when researching agencies online (many DV websites have a quick exit tool)
- Set up a “safe” email to communicate with loved ones

Consider Phone Safety
- Delete phone log after reaching out to support agencies
- Store support phone numbers as unsuspicious contacts
- Turn off location settings
- Set up Safety Check settings on phone

☐ Creating an Escape Plan

Escape plans can be essential for staying safe during crises. Your escape plan can include:

- Where you can go if you need to leave home
- Put together an emergency bag for yourself and your children
- Tell someone you trust about the abuse
- Keep important phone numbers (local police stations, loved ones, emergency accommodations) stored in your phone and wallet
- Come up with a code word or signal with loved ones for if or when you need the police
- Set up a seperate bank account

☐ Precautions for Fleeing

If you are fleeing - or planning to flee - from an abusive partner, you can take the following steps to ensure safety:

- Seek out alternative housing options (including local crisis shelters)
- Secure Personal Protection Order (PPO) and/or Extreme Risk Protection Order (ERPO), especially if threats are present
- Change up routines and schedules to reduce the potential of an abuser locating you
- Change your phone number (oftentimes local carriers will do so for no cost for cases of DV)
- Alert work, family, and friends about abuser reaching out

☐ Emotional Safety

Planning for emotional safety is just as important as planning for physical safety. Some tips for emotional safety planning include:

- Identifying places where you can feel emotionally safe and vulnerable
- Participating in case management and therapy services (especially at Resilience)
- Building emotional coping strategies for navigating anxiety as well as for strengthening emotional resilience

Emotional Coping Strategies
- Engage in expressive modalities when it is safe to do so (writing, drawing, painting, etc.)
- Practice deep breathing and mindfulness
- Engage in self-care through exercise
- Join a support group
- State positive affirmations

24 Hour Helpline: 1-800-848-5991
En Español: 1-866-728-2131

References: https://www.thehotline.org/plan-for-safety/internet-safety/
https://www.domesticshelters.org/articles/safety-planning/an-emotional-safety-plan-in-4-steps
https://www.thehotline.org/resources/emotional-safety-planning/

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