A **safety plan** is a vital, personalized strategy that helps domestic violence survivors navigate dangerous situations, reduce risk, and protect themselves and their loved ones.
It is a set of actions tailored to an individual's life and circumstances, designed to lower the risk of harm at home, work, school, and other daily environments.

KEY COMPONENTS OF A SAFETY PLAN:

Identifying Safe Areas:
Determine rooms with accessible exits and avoid spaces with potential weapons.

Establishing Code Words:
Create signals to alert friends, family, or coworkers to call for help.

Preparing an Emergency Kit:
Assemble essentials like identification, money, medications, and important documents.

Planning Safe Exits:
Know the safest routes to leave your home and practice them if possible.



REMEMBER

You are not alone, and support is available. Having a safety plan can significantly enhance your security and provide a sense of empowerment as you navigate your unique situation.

Scan the QR code for Interactive Safety Plan

Mary Kay Ash Foundation®
is a proud partner of
The National Domestic Violence Hotline and love is respect.

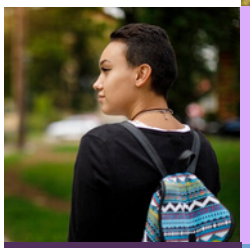
Mary Kay Ash FOUNDATION™

NATIONAL DOMESTIC VIOLENCE HOTLINE











NATIONAL DOMESTIC VIOLENCE HOTLINE

MAKING A PLAN

If you're experiencing relationship abuse, you're not alone.
The Hotline is available 24/7.

Call **1.800.799.SAFE** (7233)
Text **"START"** to **88788** Chat
thehotline.org

DIGITAL SAFETY CONSIDERATIONS

Be aware that computer and cell phone usage can be monitored without your knowledge. Regularly clear browser history and use devices that your partner cannot access.

EMOTIONAL SAFETY PLANNING

Develop strategies to maintain your emotional well-being, such as seeking support from trusted individuals, practicing self-care, and engaging in activities that promote mental health.



FINANCIAL SAFETY CONSIDERATIONS

Open a separate checking or savings account in your name only, at a different bank or credit union your partner does not use. Opt for paperless statements and avoid linking it to shared email addresses.

Save small amounts of cash in a safe, hidden location or with someone you trust. This can help if you need to leave quickly.

Gather copies of important documents (birth certificates, social security cards, IDs, financial records) and keep them in a secure place or give them to someone you trust.

Check your credit report regularly to ensure no unauthorized accounts have been opened in your name. Consider freezing your credit if you suspect financial abuse.

SUPPORT RESOURCES:

National Domestic Violence Hotline:

Available24/7 for confidential support and assistance in creating a personalized safety plan.

Phone: 1-800-799-SAFE (7233)

Website: www.thehotline.org

FAMILY SAFETY CONSIDERATIONS:

Create a code word or phrase with your children, friends, or family that signals danger and prompts them to call for help without alerting the abusive partner.

Teach children how to call 911 and give their full name and address if they need to seek help in an emergency.

Make a plan with your children about where to go and what to do if violence starts—identify safe rooms and exits.

Talk with your child's school or daycare about custody concerns and who is authorized to pick them up. Consider providing them with a copy of any protective order.

