

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

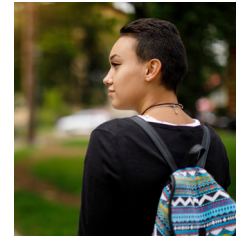
Mary Kay Ash Foundation® is a proud partner of The National Domestic Violence Hotline and love is respect.

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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:
Available 24/7 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.

