

RELATIONSHIP SAFETY PLAN

SAFETY TIPS FOR THOSE IN ABUSIVE RELATIONSHIPS

- **Communicate with others.** Talk to others living in the home (e.g., children, roommates) about how to get help. Instruct them not to get involved in violence between you and your partner.
- **Create codes or signals.** Establish a mutual signal for when others living with you, neighbors, family, friends, should get help or leave the home.
- **Learn tech safety.** Be aware of spyware/location tracking by your partner. Delete browsing history and cookies from websites. If you can, use computers from different locations (e.g., library, work).
- **Identify safe spots.** Find safer spots in your home (e.g., near an exit, away from weapons). If possible, keep weapons like guns and knives locked away and stored as inaccessibly as possible.
- **Build a safety kit.** Keep important documents (e.g., IDs), medicines, money, and clothes in a hidden spot or with a safe other in case you need to leave.
- **Keep your car ready.** Keep your car fueled and backed into your driveway when parked. If possible, keep the driver's door unlocked with the rest of the doors locked to allow for quick access to the vehicle.
- **Document abuse.** Find discreet and secure ways to write down or take photos of any abuse.
- **Be mindful of what you wear.** Clothing or jewelry could be used to physically harm you. If your partner has put their hands around your neck, avoid wearing scarves or jewelry that can be used to harm you.
- **Physical safety.** If violence is unavoidable, make yourself as physically small as possible. Move to a corner and curl into a ball with your face protected and arms around each side of your head, fingers entwined.



You are not alone. If you are in abusive relationship or need help leaving your relationship, contact:

National Domestic Violence Hotline

☎ **1-800-799-7233**

www.thehotline.org

RELATIONSHIP SAFETY PLAN

CREATE YOUR OWN SAFETY PLAN

WHAT ARE SOME WARNING SIGNS THAT YOUR PARTNER MAY USE PHYSICAL FORCE OR SHOW VIOLENCE TOWARD YOU?

WHERE ARE SAFE AREAS IN YOUR HOME (PATHWAYS TO EXIT, PLACES AWAY FROM WEAPONS)? MOVE INTO THESE AREAS.

IF POSSIBLE, PRACTICE HOW TO GET OUT OF THE HOUSE SAFELY, INCLUDING WITH OTHERS WHO MAY BE LIVING IN THE HOME. WHAT IS YOUR ROUTE?

KEEP YOUR PHONE ACCESSIBLE WHEN POSSIBLE. WHEN SAFE TO DO SO, CALL FRIENDS, FAMILY, A LOCAL SHELTER, A HOTLINE, OR LAW ENFORCEMENT (911).

Contact: _____ Phone Number: _____

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National Domestic Violence Hotline: 1-800-799-7233 (SAFE), chat at www.thehotline.org

CREATE SEVERAL PLAUSIBLE REASONS FOR LEAVING THE HOUSE AT DIFFERENT TIMES OF THE DAY OR NIGHT.

INFORM TRUSTED OTHERS ABOUT YOUR SITUATION. DEVELOP A PLAN AND SIGNAL FOR WHEN YOU MIGHT NEED HELP. TELL THEM WHO YOU DO AND DO NOT WANT THEM TO CONTACT IN MOMENTS OF CRISIS, INCLUDING LAW ENFORCEMENT.

Contact: _____ Plan: _____

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WHAT WILL YOU DO IF YOUR PARTNER FINDS OUT ABOUT YOUR PLAN?
