



24/7 Crisis Hotline 844-579-6848

Safety Planning for Survivors of Domestic Violence

No one deserves to be hurt or threatened. If you or your children are experiencing abuse, creating a safety plan can help reduce risk and increase protection. Every situation is different - trust your instincts and choose what feels safest for you. Because leaving can be the most dangerous time, planning is especially important.

Preparing for Safety or Leaving

- Set aside money, medications, keys, identification, and important documents in a safe place.
- Consider hiding an emergency bag with essentials (clothes, documents, medications).
- Identify a trusted person who can hold items and an extra set of car keys.
- Choose a safe place you can go in an emergency.
- Always keep emergency phone numbers accessible.
- Make arrangements for children and pets, if possible.

During a Violent Incident

- Move to areas with exits and avoid rooms with weapons.
- Have a plan to leave quickly if needed.
- Use a code word with trusted people to signal danger.
- Ask neighbors to call law enforcement if they hear a disturbance.

Safety at Home

- Change locks and secure windows if the abuser no longer lives with you.
- Create a simple safety plan with your children.
- Notify schools and caregivers about who is allowed to pick up your children.
- Do not share your address or contact information with the abuser.

Safety at Work and in Public

- Consider informing a supervisor or security staff.
- Vary routines and travel routes when possible.
- Ask someone to walk with you to your car or transportation.
- Keep a phone with you and know where to go if you are being followed.

Protective Orders

- Protective orders are available through the county attorney's office.
- Keep a copy with you at all times and report violations immediately.
- Share information about the order with trusted people.

Technology Safety

- If you suspect monitoring, use safer devices and accounts.
- Change passwords and review privacy settings regularly.
- Limit what you share online and ask others not to post about you.
- Consider using a new or donated phone for private communication.

You Are Not Alone - Help is available, and support is confidential. Our hotline counselors can work with you one-on-one to create a personalized safety plan focused on reducing risk and increasing your safety.