Safety Planning Guide

What is a safety plan? It's a personalized plan to increase your safety. Dating abuse and domestic violence safety plans can cover physical, tech, and emotional safety.

Physical Safety

- Change your route to home, work, school ,etc.
- Think about how you could use your home to your advantage.
  - Identify exits, locks on the doors, neighbors you trust, etc.
  - Stick to the living room/bedroom and avoid the kitchen/bathroom in potentially dangerous situations.
- Take advantage of public spaces.
- Share your location with someone you trust.
- Create a go-bag with some cash, important documents, ID, extra phone charger, etc.
- Come up with a "safe word" you can share with two trusted people indicating you are in trouble.

Tech Safety

- Determine whether the person causing harm has access to your phone/social media/email/passwords.
- Change passwords and make them safer.
- Ask yourself whether the person causing harm ever set up fake social media accounts to contact you. If so, learn more about spoofing and how to protect yourself.
- Google yourself (keeping emotional safety in mind).
- Don't "check in" on social media sites.
- Visit DayOneNy.org for more tech safety tips

Emotional Safety

- Identify your triggers. If you know a situation might be difficult, have an emotional safety plan ready.
- Identify warning signs that you might be getting emotionally overwhelmed that can signal to you when to use your emotional safety plan.
- Make a list of go-to distractions for when you're overwhelmed (e.g., watch your favorite childhood TV show, go on a walk, paint your nails, call a friend).
- Make a list of physical coping mechanisms that engage your five senses to help your body relax (e.g., listen to a playlist of calming songs, light a special candle, take a hot shower or run an ice cube along your arms, find three things in your home or on a walk that you like to look at, drink something fizzy).
- Make a list of truths you can return to when needed.
  - I am worthy.
  - Abuse is never my fault.
  - I am trying and that is enough.

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LOVE SHOULD ALWAYS BE SAFE