



SAFETY PLANNING | COVID-19

A GUIDE FOR SURVIVORS OF DOMESTIC VIOLENCE

1

BUDDY SYSTEM CODE WORD

Identify at least two people with whom you can develop 'codeword,' to let them know when you are in trouble. Plan in advance what they should do if you send them the code word.

2

"SAFEST ROOM"

If there is a behavior that is making you feel uncomfortable, identify an area of the home with no weapons or sharp objects, and a way for you to leave the house, apartment, or building, such as a door or window. The kitchen and bathroom are the places in the home with the highest risk.

For some survivors, especially those quarantined at home with an abusive person during coronavirus, no room may feel safe, so we call it the "safest room". If you can at least identify the lowest risk areas, you may be able to reduce harm.

3

PLANNING WITH CHILDREN

CODE WORDS: If you have children, decide how to communicate urgency with them. For example, one survivor would open her arms and her daughter knew that meant to come running to her for safety. Some survivors create a "code word" with their children that means they should go to the "safest room" in the home that you have already decided upon.

EMERGENCY NUMBERS: If for some reason you are not able to make emergency calls, give your children the safety number/s, if they are old enough.

4

NOTIFY THE POLICE BEFORE AN EMERGENCY

If you feel you may be in danger, you can notify your local police station of your concerns. Let them know the history and your concern of being in isolation due to coronavirus. It may be useful to speak with the Domestic Violence Officer or Advocate, if your local law enforcement office has one.

5

EXIT PLAN

In case you have to flee, create an exit plan ahead of time with someone who could offer assistance. Is there a trusted friend/relative who you can stay with, if needed?

6

SUPPLIES, FOOD & MEDICATION

Check your supplies and food. If you need food and do not have the money, check your local pantry, temple/church/mosque, etc., or other community organizations.

Remember to keep your medication in the safest, most easily accessible location in case of emergency.

7

EMERGENCY BAG

Pack a bag with an extra set of keys, clothes for you and your children, a pay-as-you-go cellphone, medications, copies of important documents, etc.

8

IMPORTANT DOCUMENTS

Make copies or take pictures of your important documents for yourself and send them to a trusted friend or relative. (IDs, social security cards, health records, birth certificates, health insurance information, and Orders of Protection) Be mindful of sending anything via phone or computer. Please use whatever method is safest for you.

9

SEEKING SOCIAL SUPPORT

With social distancing and quarantining, survivors can feel even more isolated, and abusers may use further isolation as a power and control tactic. Identify trusted friends, relatives or online support groups where you can still connect virtually. If you have a friend who may be experiencing abuse, be sure to reach out to them even more during this time.

10

CREATE A "PEACEFUL SPACE"

If you cannot leave your home, try to create a "peaceful space" for yourself in your home (if that is safe for you to do so). To take an emotional break, you can draw pictures or put up inspirational quotes/images to create a more peaceful place. This is also an activity you can do with your children. You can also write positive affirmations and put them up on the wall to remind yourself of your worth.

11

HOLDING ONTO YOUR PLAN

Consider keeping a list of your safety plan in your phone or wherever might be safe for you. Notes on your phone can be locked with a password. Please consider what is safest for you.

11

If you choose to write your plan somewhere, consider listing only key words that help you remember the plan, but that would not be clear to the person causing harm. If this is not safe, try to memorize your plan, focusing on memorizing at least one key emergency number on your list of resources.

PONCA TRIBE
OF NEBRASKA
DOMESTIC VIOLENCE PROGRAM

