



Safety Plans for Domestic Violence Victims & Survivors

What is a safety plan? A safety plan is for victims and survivors of domestic violence to assess their own safety in regards to the abuse they are experiencing.

What is the purpose of a safety plan? The purpose of a safety plan is to allow victims and survivors to brainstorm or think about where to go for safety, help or resources in response to the abuse they are experiencing. It can assist victims and survivors to identify tools in advance of a potentially dangerous situation.

What is involved in a safety plan? A safety plan is highly individualized for each victim and survivor. Many safety plans have general areas of what to safety plan around, but all should be tailored to the individual and the abuse they are experiencing at the hands of their abusive partner. Safety plans are a process and change to fit the needs of a person in their daily lives and experiences.

When do I use a safety plan? Safety plans can be made for a variety of situations: for dealing with an emergency, such as when you are threatened with a physical assault or an assault has occurred; for continuing to live with or to date a partner who has been abusive; or for protecting yourself after you have ended a relationship with an abusive partner.

What things should one consider in a safety plan? Safety plans should be done on an individual manner, but the following are areas that one can consider: Safety in an Explosive Incident, Safety When Leaving the Relationship, Safety During the Relationship, Safety at Work, Safety with the Children, Safety around Immigration Status, Safety if Being Stalked, Safety and Use of Technology, Emotional Safety, etc. One should always consider safety plans around the changes to one's own life circumstances. As life changes, so do safety plans.

These suggestions do not apply to every survivor in every situation. These are to be used as a guideline. Please safety plan around your own individual needs and circumstances.