



Safety Plans for Domestic Violence Victims & Survivors Safety during an Explosive Incident

Go to an area that has an exit. Not a bathroom (near hard surfaces), kitchen (knives), or near weapons.

Stay in a room with a phone. Call 911, a friend or a neighbor, if possible. Inform them if there are weapons in the home.

Know your escape route. Practice how to get out of your home safely. Visualize your escape route.

Have a packed bag ready. Keep it hidden in a handy place in order to leave quickly, or leave the bag elsewhere if the abuser searches your home.

Devise a code word or signal. Tell your children, grandchildren or neighbors so you can communicate to them that you need the police.

Know where you're going. Plan where you will go if you have to leave home, even if you don't think you'll need to.

Trust your judgment. Consider anything that you feel will keep you safe and give you time to figure out what to do next. Sometimes it is best to flee, sometimes to placate the abuser - anything that works to protect yourself and the children.

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.