

## WHAT WE DO



Prevention &  
Intervention Education



24/7 Crisis Hotline



Emergency Shelter  
& Supportive Housing



Legal Advocacy



SafeShelby Sexual  
Assault Services



Individual & Group  
Counseling



Case Management



Resource Referrals



FEELING SAFE IS AN IMPORTANT STEP TOWARDS HEALING & YOUR PLAN CAN BE USED IN ANY SITUATION THAT FEELS UNSAFE. THESE ARE GENERAL TIPS AND ONLY YOU KNOW WHAT MAKES SENSE FOR YOUR SITUATION.

YOU DO NOT HAVE CONTROL OVER YOUR PARTNER'S BEHAVIOR AND NO PLAN GUARANTEES 100% SAFETY BUT IT CAN HELP YOU FEEL BETTER PREPARED.

DO NOT WRITE DOWN YOUR PLAN UNLESS IT IS SAFE TO DO SO.

CONTACT US TO SPEAK WITH A TRAINED ADVOCATE ON ADDITIONAL SAFETY PLANNING TIPS.

### RESOURCES

[www.thehotline.org](http://www.thehotline.org)  
[www.nnedv.org](http://www.nnedv.org)  
[www.nwnetwork.org](http://www.nwnetwork.org)  
[www.loveisrespect.org](http://www.loveisrespect.org)  
[www.victimsofcrime.org](http://www.victimsofcrime.org)  
[www.traffickingresourcecenter.org](http://www.traffickingresourcecenter.org)

# YOU ARE NOT ALONE

## A PERSONALIZED GUIDE TO STAYING SAFE FOR THOSE EXPERIENCING VIOLENCE

[www.safehouse.org](http://www.safehouse.org)  
205-669-7233 (SAFE)

## Physical Safety

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- I will not have arguments in dangerous spaces such as the bathroom, kitchen, rooms without an exit.
- I can create a bag with documents, spare keys, money and clothing in case I need to escape quickly.
- If an assault occurs, I would feel safe reporting to \_\_\_\_\_.
- I will use \_\_\_\_\_ as a code word with my children/support so they can call for help.
- I can learn ways to protect my head during an assault.
- If I am strangled, I will seek medical attention immediately.
- If the situation is serious, I can say \_\_\_\_\_ to my partner to try & calm them down.
- If approached in public, my safe place to go is \_\_\_\_\_.
- Do I know if there are firearms in the home?
- I will think about how drinking alcohol or using drugs affects my safety and look at how/when I use these substances.

## Sexual Safety

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- I can think of ways to protect myself against unintended pregnancy or STIs such as undetectable birth control, vaccines, PrEP, etc.
- I can think of ways to avoid sexual activity with this person such as sleeping in another room, staying with family/friends, faking illness.
- I can carry condoms and/or other forms of contraception.
- I can talk with a SANE nurse, Doctor or advocate for additional tips.
- I deserve and will seek out well-informed information about my own sexual health.

## Emotional Safety

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- If I am feeling sad, lonely or confused I can call or talk to \_\_\_\_\_.
- What support groups could I attend to decrease isolation?
- If I become triggered, a personal mantra or breathing exercise I can use is \_\_\_\_\_.
- Some healthy activities I can to relieve stress include \_\_\_\_\_.
- I can keep a journal of my thoughts and feelings.
- I can learn what gaslighting is & reach out for support when my partner makes me feel crazy.

## Tech & Stalking Safety

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- I can adjust the privacy settings on my phone & social media accounts (ghost mode in snap chat) & change passwords frequently.
- If I am being stalked, I can keep an evidence log/messages/screen shots.
- I can find out about PFA orders.
- I can use public computers & p.o. boxes to ensure information is kept private.
- I can ask businesses & personal contacts not to give out my private information.
- I will not use electronics that I share with my partner.

## Pet Safety

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- I can keep an emergency kit for my pet (tags, ID, leash, meds, food, toys, etc).
- I can keep the # to the nearest 24 hr. vet.
- I can have any vet records put in my name.
- Obtain emergency shelter for your pet that is unknown to the abuser.
- If I have to leave without my pet, I will keep it indoors if at all possible.

## Workplace Safety

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- I can ask my job to screen calls & visitors.
- I can inform my supervisor, HR and/or the employee assistance program about my situation.
- I can provide a photograph of the abuser to security/co-workers & a copy of my PFA if I have one.
- I can use the "buddy system" when arriving to and from work & use an app such as KiteString to check on me.
- I can familiarize myself with the neighborhoods and streets near where I work in case I need to leave immediately.

## Kid Safety

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- I can teach my children how to dial 911 & make sure they know our address.
- I can tell caretakers who has permission to pick them up & how to identify those people.
- I can provide daycare & schools with a copy of protection & custody orders.
- I will help my kids identify a safe person to go to if a situation becomes dangerous.
- I can talk with an advocate about planning around visitation particularly, if it is unsupervised.

## Cultural Safety

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- I can get accurate information from someone who knows my culture and traditions.
- I can talk to people I trust such as \_\_\_\_\_ about what my partner is saying and doing.
- I can reach out to a trusted member of my religious/spiritual community.