

SAFETY PLANNING

TIPS TO HELP YOU TAKE CARE



In emergencies and through stressful times, it can be difficult to think and react clearly.

Creating a safety plan in advance will ensure you have a system in place when you need it.

Individualize your safety plan – You know yourself better than anyone.

1 HAVE A SUPPORT SYSTEM

Stay connected to family, friends, and online support groups you trust.



2 IMPORTANT DOCUMENTS

Gather important documents: ID's, social security cards, health insurance cards, immigration documents, birth certificate, Custody Order, Protection Order. Take pictures and make copies of them, and give them to trusted relatives and friends.



3 CODE WORD

Establish code words with people you trust to signal you're not safe and need help. Plan in advance what they should do if you tell them the code word.



4 PACK A BAG

If possible, prepare a bag with any essential items – documents, medication, car keys, cell phone, extra charger, list of phone numbers of people you trust, change of clothing.



5 TAKE CARE OF YOURSELF

You know your situation the best. Individualize your self care.



6 EXIT PLAN

Create an exit plan ahead of time: identify friends or relatives you trust and could support your needs.



DC VOLUNTEER
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