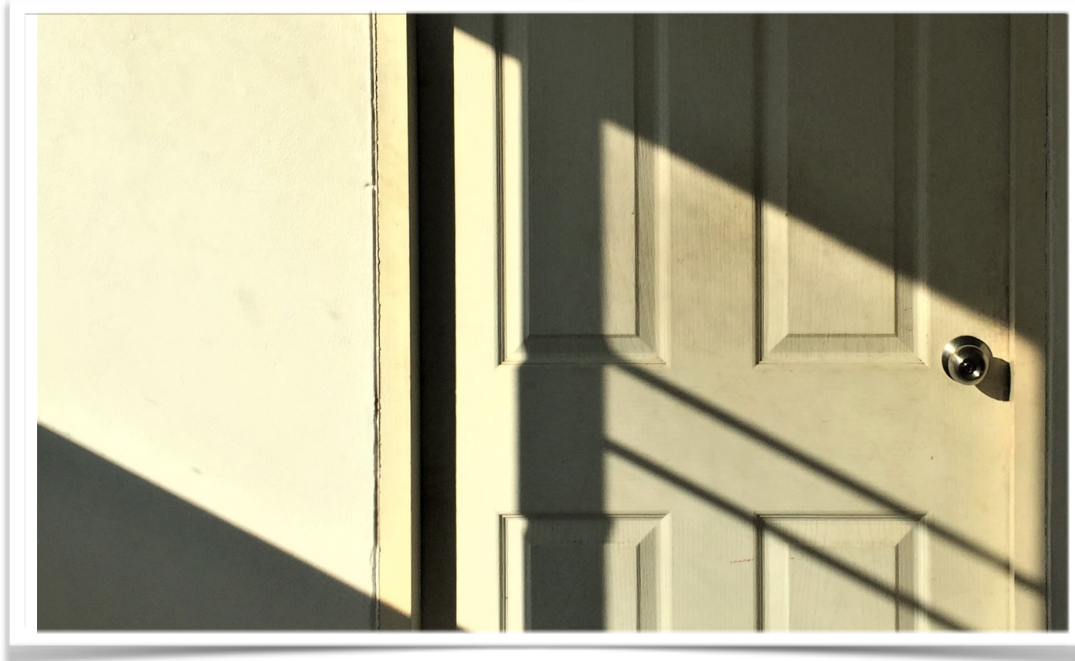


DASI IS HERE TO HELP

Safety Planning During COVID-19

www.dasi.org



When Home Doesn't Feel Safe

DASI IS HERE TO HELP

24-Hour Helpline 973-875-1211 Text Line 973-222-2593

Email: info@dasi.org

Collect and anonymous calls accepted

1

IDENTIFY
TRANSPORTATION
OPTIONS

2

PACK AN
EMERGENCY
GO-BAG

3

HAVE AN EXIT PLAN



These are
challenging
times.

Forced isolation
and financial
pressures can
increase abuse.

It is important to
plan for your safety.

If you or your
family are in
immediate danger
CALL 911



Keep your phone
charged. Keep
charger with you
or in a safe to-go
bag.

Keep important
phone numbers
on paper in
a safe place.

While at Home

Identify safe ways out of each room, including windows if necessary. Make sure that these pathways are cleared.

When violence occurs, lead your abuser to the safest room possible that has an exit path. Avoid rooms that have items that could be used as weapons (kitchens, garages), avoid rooms that have lots of hard surfaces (kitchens, bathrooms), and try to avoid rooms that only have one exit that can be blocked (second-story bedrooms, closets).

Identify transportation options. Keep your car's gas tank full, and back in to your parking spot/ driveway so that it's easier to drive away. Identify a safe spot for your keys. Make plans with a trusted person who can pick you up. Plan where you would go.

Pack a go-bag. Possible items to include: extra sets of clothing for you and your children; items for any pets you will take with you, copies of important documents and/or IDs, medications, an extra set of keys, a written list of safe phone numbers, and extra cash in case your partner cuts off your credit cards or phone pay apps. Important documents include a copy of any restraining orders, medical records, and documentation of abuse. Keep the go-bag in a hidden but easy to reach location.

Document any abuse, including harassment or stalking. Take screenshots, make notes, and store these in a safe place. If you feel comfortable, report to police.

Practice tech safety! Protect your passwords, or change them if your abuser has access to them. Make your accounts as private as possible. Assume that any communication with your abuser can be documented by them and used against you. Visit [techsafety.org](https://www.techsafety.org) for additional safety tips.



Keep yourself and others safe by following the latest health guidelines and recommendations. This includes wiping down frequently used surfaces vigorously and washing your hands often. For up-to-date information visit [cdc.gov](https://www.cdc.gov), or [nj.gov/health](https://www.nj.gov/health).

SAFETY 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.

