



SAFETY PLANNING GUIDE

To plan with an advocate, call our 24/7 crisis hotline at 1-877-701-7233

1. Create a Code Word and Exit Plan

Choose a simple word or phrase you can share with trusted friends that signals you need help. Make sure they know what to do if they hear it — whether that's calling the police, coming to get you, or meeting you somewhere safe. Plan where you could go if you need to leave quickly, and try to have at least two safe contacts you can reach. If you write your plan down, use short notes or keywords that wouldn't make sense to your abuser.

2. Plan with Your Children

Decide how you will communicate urgency to your children, and talk to them (if it's safe) about where to go or who to call during an emergency. You may create a code word with children that lets them know to run a safe space you have already decided upon. Practice calling 911 with your children.

3. Pack an Emergency Bag

If it's safe to do so, pack a small bag with essentials — important documents (IDs, social security cards, birth certificates, immigration documents, health insurance, Protective Orders, etc.), keys, medication, money, and clothes for you and your children. Keep it somewhere easy to grab or with someone you trust.

4. Have Important Numbers Handy

Memorize or write down key phone numbers, including our 24/7 crisis hotline (1-877-701-7233), trusted friends or family, and emergency services. If you can, save them under code names in your phone.

5. Identify a Safe Place to Go

Plan where you can go in an emergency — a trusted neighbor's house, a public place, or one room in your home with an exit. Avoid rooms with weapons (like the kitchen) or where you could get trapped (like the bathroom).

6. Consider Technology Safety

Abusers can track phones, social media, and online activity. Use a safe device if possible, turn off location sharing, and clear browser history after researching help.