



Safety Planning

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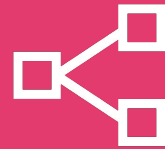
Learning Objectives

- ▶ Knowledge of **safety planning**
- ▶ Conducting Safety Plans in a **Trauma Informed Way**
- ▶ Building **Rapport** in a short amount of time
- ▶ How to provide a **safe space** for participants, while safety planning



Who is at Risk?

When Should A Safety Plan Be Created?



When Intimate Partner
Violence Is Present



And the Participant is
ready to create a safety
plan

Building Rapport

- ▶ Introduce yourself
- ▶ Communicate confidentiality
- ▶ Treat with dignity and respect
- ▶ Don't judge their choices
- ▶ Give them time to process their thoughts and plan

What Does it
Mean to be
Trauma
Informed While
Conducting a
Safety Plan?

- ▶ Voice and Choice
- ▶ Non-judgement
- ▶ Personalize safety plan
- ▶ Empower and encourage them
- ▶ Provide safety
- ▶ Eliminate barriers

Safety During a Violent Incident:

- ▶ Room Safety: Avoid rooms like bathroom, kitchen, or rooms with weapons
- ▶ Have a bag packed for self and children
 - ▶ Discuss bag contents: documents, clothing, money, pictures, medical insurance
- ▶ Identify a safe place to go to
- ▶ Code word for friends or children

Safety When Preparing to Leave:

- ▶ Identify a person/place to stay temporarily
- ▶ Gather important documents/bag
- ▶ Packed bag for self and children if applicable
- ▶ List of emergency shelters
- ▶ Keep any evidence of abuse: text messages, notes, pictures, emails

Safety at Home:

- ▶ Practice (with children) how to get out of the house, if needed
- ▶ Inform housemates, property owners, neighbors of abuse if possible and safe
- ▶ Avoid rooms like bathroom or kitchen during violent incidents
- ▶ Change keys and locks
- ▶ Practice safe word and calling 911 with children and or with friends...



Safety While Living on the Streets:



Try not to keep
weapons in
possession



Tell a friend, case
manager/advocate,
therapist, counselor



Code word with
friends staying near
you



Keep a cell phone
on your person if
possible

Safety with a Restraining Order:

- ▶ Restraining order in public places, survivor is to honor the restraining order
- ▶ Carry a copy of the restraining order with you
- ▶ Provide a copy to schools, employer, childcare, service providers
- ▶ Inform family, friends, neighbors
- ▶ Call police to enforce restraining order when needed

Safety at Work:

- ▶ Keep a copy of restraining order at work
- ▶ Inform building security
- ▶ If you have security can they walk you to and from your car?
- ▶ Provide a picture of the person that caused harm
- ▶ Share car information
- ▶ Change your work route
- ▶ Switch your lunch spots
- ▶ Change work location if possible

Financial Safety:

BEFORE: If safe, put extra income (no matter how small) in a private, separate account or hiding place.

BEFORE: Avoid opening joint bank accounts

BEFORE: Avoid opening new credit card accounts

WHEN LEAVING: Consider taking at least half joint funds immediately upon leaving, 75% if leaving with children

WHEN LEAVING: Document how funds were spent as may be asked to account for expenditures at a later date

WHEN LEAVING: Open separate bank account (or prepaid debit card)

WHEN LEAVING: Change all direct deposits, account Personal Identification Numbers (PINs) and passwords

BEFORE, WHEN LEAVING & AFTER: Service provider's role in financial stability

FINANCIAL SAFETY PLANNING

BEST PRACTICES FOR DOMESTIC VIOLENCE SERVICE PROVIDERS

Domestic Violence Programs should use this tool to start important dialogues about financial security with survivors. By including a few of these screening questions in an initial assessment, advocates can recognize financial issues, make appropriate referrals, and help survivors take action steps to gain control of their financial lives. This tool is designed for survivors who are living with the abuser or living independently. Questions and actions to consider are categorized as Safety Screening, Financial Abuse, and/or Gaining Control.

Safety Screening ▲ is the first step in protecting survivors against financial abuse and ensuring their overall safety.

Financial Abuse \$ helps advocates identify potential financial abuse.

Gaining Control ✕ helps survivors plan for an independent future and build a foundation for financial security.

FINANCIAL SAFETY SCREENING QUESTIONS

DOCUMENTS

- 1 Does your abuser have access to your and your children's personal identifying information, documents, or financial statements? ▲
- 2 Do you have access to all of your and your children's personal documents and financial statements? ▲ ✕
- 3 Are you restricted from accessing your documents? \$
- 4 In general, who controls the finances in your household? \$

ASSETS AND GOALS

- 1 Do you have a safe place to save money without your abuser accessing it? \$ ▲ ✕
- 2 What's one thing you'd like to save for? ✕
- 3 What is one thing you or your children didn't get to do last year that you'd really like to do this year? ✕

BANK

- 1 Do you have a bank account? Joint or individual? ▲
- 2 Can your abuser physically or electronically access your bank account or statements? \$ ▲
- 3 Have you ever been forced to sign bank documents? \$

ACTIONS TO CONSIDER

LIVING WITH ABUSER

DOCUMENTS

- Determine if the abuser has access to personal documents. Determine if it is safe to gather documents or make copies of documents. Establish a safe place to keep them. \$ ▲
- Protect important passwords, PIN and Social Security Numbers. Look for any letters, emails, or phone calls that would indicate identity theft. \$ ▲
- Identify an alternative mailing address for any documents to be mailed. ▲ ✗

ASSETS AND GOALS

- Identify a safe place to keep money and other valuable assets. ▲
- Identify a short-term, passionately-held goal to encourage survivor to work on the parts of their finances they can control. ✗
- Identify ways in which survivors can be part of household budgeting conversations. ✗
- Prioritize expenses and create a plan to start saving. Prepare two separate budgets, one outlining household expenses living with the abuser, and one outlining household expenses living independently. ✗

BANKING

- Not recommended to close joint accounts. ▲
- Open new account and identify alternative mailing address for statements. ▲ ✗
- Change individual accounts' PINs, mailing addresses and passwords. ✗
- Review joint or other statements regularly. \$ ▲
- Establish a safe place to keep money in case of emergency. ▲

CREDIT AND DEBT

- Keep a line of credit open in case of emergencies. ▲
- Read all documents before signing. \$ ▲
- Visit annualcreditreport.com and pull credit reports to screen for

LIVING INDEPENDENTLY

- Gather existing documents and establish a safe place to keep them (trusted friend, PO Box, etc.). ▲ ✗
- Replace missing documents (birth certificates, health insurance card, photo ID, etc.). ▲ ✗

- Designate a safe place to keep money. ▲
- Identify a short-term, passionately-held goal to encourage consistent savings. ✗

- Close joint accounts. ▲
- Open new accounts at a new bank. ▲ ✗
- Change PINs, mailing addresses, and passwords on all accounts. ▲

- Visit annualcreditreport.com and pull all three reports to review for any incorrect activity and monitor for future ID Theft. In the future,

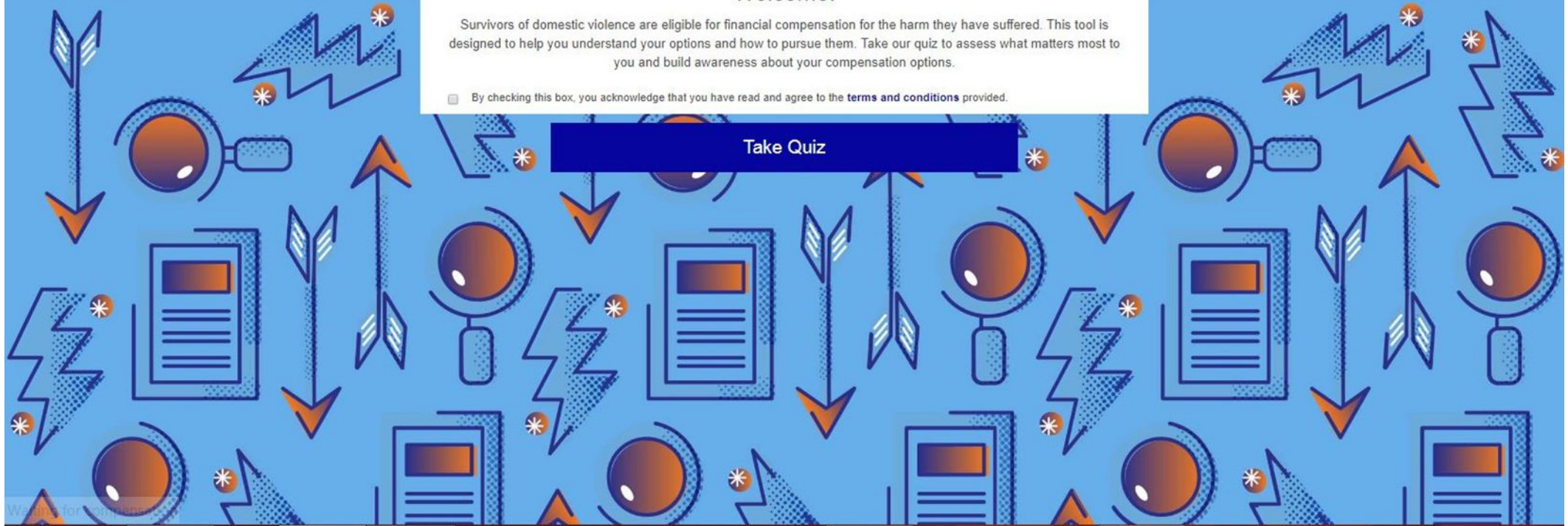
What is Your Compensation Type?

Welcome!

Survivors of domestic violence are eligible for financial compensation for the harm they have suffered. This tool is designed to help you understand your options and how to pursue them. Take our quiz to assess what matters most to you and build awareness about your compensation options.

By checking this box, you acknowledge that you have read and agree to the [terms and conditions](#) provided.

Take Quiz



Time

Some avenues to compensation are more time consuming than others. Consider the amount of time you have to invest in this process and select the statement below that best describes you.

I don't have a lot of time to spare pursuing compensation and want to know with some certainty I'll receive a little money.

I don't have a lot of time to spare pursuing compensation and am willing to take a risk if I can get some money.

I know the process might take over a year but want to know with some certainty I'll receive enough money to cover my losses.

Your Compensation Mindset is:
The Resourceful Pursuer

You are already going through enough. You want to be reimbursed, but you also want to do as little as possible when it comes to pursuing compensation.

Now that we know your priorities, let's talk about the compensation available in your state.

Compensation Options in California



Criminal Restitution

Criminal Restitution is given during a criminal sentence issued by a judge. It requires the defendant to pay for the damages they have caused.

[Learn more](#)



Small Claims

A small claims case is a court case for financial claims that are less than \$10,000. Attorneys are generally not allowed.

[Learn more](#)



VOCA

Victims of Crime Act (VOCA) funds are available to compensate victims of crime for certain crime related expenses.

[Learn more](#)



Civil Tort

A tort case is a complex civil case for financial claims over \$10,000

[Learn more](#)



Activity

Emotional Safety:



Remind self-this is not my fault



Practice I can...statements



Talk with friends, family, and counselor



Use talk lines and hotlines



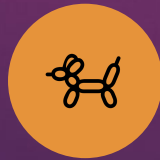
Limit direct communication with partner/ex-partner



Attend support groups



Practice self-care and coping strategies



Create emotional safety plan for before and after activities with partner/ex-partner

SAFE COPING SKILLS

1. Ask for help – Reach out to someone safe. **2. Inspire yourself** – Carry something positive (e.g., poem) or negative (photo of a friend who overdosed). **3. Leave a bad scene** – When things go wrong, get out. **4. Persist** – Never, never, never, never, never, never, never, never, never give up. **5. Honesty** – Secrets and lying are at the core of PTSD and substance abuse; honesty heals them. **6. Cry** – Let yourself cry; it will not last forever. **7. Choose self-respect** – Choose whatever will make you like yourself tomorrow. **8. Take good care of your body** – Eat right, exercise, sleep, safe sex. **9. List your options** – In any situation, you have choices. **10. Creating meaning** – Remind yourself what you are living for: your children? Love? Truth? Justice? God? **11. Do the best you can with what you have** – Make the most of available opportunities. **12. Set a boundary** – Say “no” to protect yourself. **13. Compassion** – Listen to yourself with respect and care. **14. When in doubt, do what is hardest** – The most difficult path is invariably the right one. **15. Talk yourself through it rather than staying “in your head”**. **32. Attend treatment** – AA, self-help, therapy, medications, groups – anything that keeps you going. **33. Create a buffer** – Put something between you and danger (e.g., time, distance). **34. Say what you really think** – You will feel closer to others (but only do this with safe people). **35. Listen to your needs** – No more neglect – really hear what you need. **36. Move toward your opposite** – For example, if you are too dependent, try being more independent. **37. Replay the scene** – Review a negative event; what can you do differently next time? **38. Notice the cost** – What is the price of substance abuse in your life? **39. Structure your day** – A productive schedule keeps you on track and connected to the world. **40. Set an action plan**

Technology Safety:

- ▶ Change passwords
- ▶ Clear computer search history
- ▶ Change agency names on phone
- ▶ If possible get apps that protect your phone/tablet/computer
- ▶ Turn off GPS and or location setting on apps
- ▶ Questions a service provider should ask:
 - ▶ Is it safe to leave a message?
 - ▶ How would you like me to address myself when calling?
- ▶ Purchase indoor/outdoor cameras, if possible





Technology Safety Plan

A Guide for Survivors and Advocates

This document contains general information about safety planning with victims of domestic and sexual violence, stalking and trafficking in situations of technology abuse. As an overview, this document provides general tips and suggestions. For more specific safety planning strategies, please consult one of our safety planning guides to a particular technology or situation and please contact a local victim advocate who can help you with a more thorough safety plan.

Trust your instincts. If you suspect that the abusive person is harassing, stalking, or monitoring you using technology, it is possible and likely. Abusers, stalkers and perpetrators can be incredibly persistent and creative in maintaining control and technology is another tool for them to misuse.

Get more information. Navigating violence, abuse, and stalking is very difficult and dangerous. Work with a victim advocate to discuss your options and to help you plan for your safety. You can call the National Domestic Violence Hotline at 1-800-799-7233, the National Sexual Assault Hotline at 1-800-656-4673, or the National Human Trafficking hotline at 1-888-373-7888.

Look for patterns to identify misused technology. Carefully try to figure out how or which technology is being used to harass, stalk, or monitor you. For example, if you suspect you're being watched, is it in a particular room in your house? If you suspect you're being followed, is it just when you're in your car or wherever you go? Narrowing down the potential source of technology will help you create a more precise safety plan.

General safety tips. If it seems like the person knows too much about your activity, it could be from a variety of sources. The abuser could be monitoring your computer or cell phone. The perpetrator could be accessing your online accounts or gathering information about you online. Or the stalker could be monitoring your location.

Use a safer computer/device. If you suspect that the abusive person is monitoring your computer activities try using a safer computer, tablet, or device to prevent the abusive person from seeing what you're doing.

Technology Safety

exploring technology in the context of intimate partner violence, sexual assault, and violence against women



The Safety Net Project develops resources and information on the use of technology for agencies and survivors of domestic violence, sexual assault, stalking, and trafficking. The toolkits below contain helpful information for victim service agencies and survivors.

SURVIVOR TOOLKIT

AGENCY TOOLKIT

APP SAFETY CENTER

CONFIDENTIALITY TOOLKIT

LEGAL SYSTEMS TOOLKIT

For more information about these toolkits, see the longer descriptions below. For additional resources on general

SAFETY CHECK!

If you think someone's monitoring your devices, visit this website from a computer, tablet, or smartphone that isn't being monitored. [Exit from this website](#) and delete it from your browser history. For more information, [visit this page](#).

TECHSAFETY.ORG

Technology Safety & Privacy: A Toolkit for Survivors

ESPAÑOL

The following resources contains safety tips, information, and privacy strategies for survivors on the use of technology.

GENERAL TECHNOLOGY SAFETY

- [Documentation Tips for Survivors](#)
- [Technology Safety Plan](#)
- [Technology Safety Quick Tips](#)
- [Assessing For Technology Abuse](#)
- [Video: How to Take a Screenshot](#)

DEVICES & HARDWARE

- [12 Tips on Cell Phone Safety & Privacy](#)
- [Phone & Location Safety Strategies](#)
- [Survivors' Options for Free Phones](#)
- [iPhone Privacy & Security Guide](#)
- [Video: How to Limit Location Access on a Smart Phone](#)
- [Video: How to Put a Passcode on Your Smart Phone](#)
- [Spyware & Safety](#)



ONLINE SAFETY & PRIVACY

- [Online Privacy & Safety Tips](#)
- [Video Series: Online Privacy & Safety](#)
- [Online Dating](#)
- [Online Gaming](#)
- [Being Web Wise](#)
- [Facebook Privacy & Safety: A Guide for Survivors of Abuse](#)
- [Safety & Privacy on Twitter: A guide for survivors of harassment and abuse](#)
- [Images, Consent, and Abuse](#)
- [Privacy Considerations When Posting Content Online](#)
- [10 Easy Steps to Maximize Privacy](#)
- [Internet Browser Privacy Tips](#)
- [Password Safety](#)
- [People Searches & Data Brokers](#)
- [List of State Address Confidentiality Programs](#)
- [Voter Registration & Privacy](#)
- [WiFi Safety & Privacy](#)



DATA MANAGEMENT: DATABASES, CONFIDENTIALITY & PRIVACY

- [Data Breaches & Victim Service Providers: Considerations for Developing Effective Policies](#)
- [Selecting a Database guide](#)
- [Data Security Checklist](#)
- [FAQ on Data Retention & Deletion](#)
- [In-House Products vs. Cloud-Based Services](#)
- [Comparable Database 101: What Victim Service Providers Need to Know](#)

For more on confidentiality obligations, visit our [Technology & Confidentiality Resources & Toolkit](#).

ONLINE SAFETY TIPS FOR VICTIM SERVICE AGENCIES

- [Technology Safety & Your Website](#)
- [Social Media Policy Guide](#)
- [Confidential Shelter Locations & the Internet Tipsheet](#)

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Social Media Safety:

- ▶ Change passwords
- ▶ Remove location from posts
- ▶ Filter who could view your content
- ▶ Limit information for mutual friends
- ▶ Block partner/ex-partner from social media accounts
- ▶ Create a new account with an alias, if possible

References & Resources

References

- ▶ Substance Abuse and Mental Health Administration (SAMSHA) 6 TIC Principles
- ▶ Guilford Press (New York). From: Najavits LM. "Seeking Safety": A Treatment Manual for PTSD and Substance Abuse (in press).
- ▶ Safe Housing Partnership

Resources

- ▶ End Abuse Long Beach Safety Plan
- ▶ Reaching Out 2019
- ▶ California Victim Compensation & Government Claims Board
- ▶ Rapid Re-Housing
- ▶ Freefrom.org
<https://compensation-quiz.freefrom.org/>
- ▶ Financial Safety Planning Guide
<https://thefinancialclinic.org/wp-content/uploads/2015/08/Financial-Safety-Planning-Guide-for-Domestic-Violence-DV-Service-Providers.pdf>
- ▶ The National Network to End Domestic Violence (NNEDV)
 - Technology Safety Plan Guide for Survivors & Advocates
 - www.techsafety.org/resources Toolkits and Library
 - Guide to staying safe on Facebook
 - Safety and Privacy on Twitter