

RECOVER ARRIVE BECOME

— CLINICAL THERAPY PRACTICE —

DOMESTIC VIOLENCE SAFETY

KNOW THE SIGNS • MAKE A PLAN • FIND SUPPORT • YOU ARE NOT ALONE

WHAT DOMESTIC VIOLENCE CAN LOOK LIKE

- A pattern of behaviors used to gain or maintain power and control in an intimate or family relationship.
- It may include physical, emotional, verbal, sexual, financial, digital, or technology-facilitated abuse.
- Warning signs can include intimidation, isolation, threats, controlling money or work, monitoring, stalking, or unwanted sexual pressure.

SAFETY PLANNING

- Trust your instincts. If something feels unsafe, take it seriously.
- Identify a safer place you could go and people you can contact.
- Keep important documents, keys, medication, money, and a charged phone accessible when possible.
- Consider a code word with trusted people for emergencies.
- Leaving can increase risk in some situations; an advocate can help you plan around your circumstances.

DIGITAL & PRIVACY SAFETY

- Review social-media privacy, location sharing, and connected devices.
- Use strong, unique passwords and two-factor authentication when safe to do so.
- If you suspect device monitoring, consider using a safer device to seek help.
- Remember that internet and phone activity may be monitored; changing settings can sometimes alert another person.

DOCUMENT & BUILD SUPPORT

- Keep records of concerning incidents when it is safe: dates, descriptions, screenshots, messages, and witnesses.
- Store copies somewhere the other person cannot access.
- Tell trusted people what is happening and what kind of help you may need.
- Consider informing work, school, childcare, or building security when appropriate.

CHILDREN, PETS & PRACTICAL NEEDS

- Include children and pets in your safety planning.
- Think about transportation, medications, identification, finances, and a place to stay.
- Domestic-violence programs may be able to help with shelter, advocacy, legal resources, and safety planning.
- You do not have to confront the person or handle the situation alone.

WHERE TO GET HELP

- National Domestic Violence Hotline: 800-799-SAFE (7233). Text START to 88788.
- Love Is Respect (teens and young adults): 866-331-9474. Text LOVEIS to 22522.
- Call 211 for local community resources.
- If you or someone else is in immediate danger, call 911.

You deserve safety, respect, and support.

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