



COALITION to STOP  
VIOLENCE AGAINST  
NATIVE WOMEN

*Safety Planning*

TIFFANY JIRON ADVOCATE COORDINATOR CSVANW  
JOLENE HOLGATE- TRAINING AND EDUCATION DIRECTOR

ADVANCING ADVOCACY IN TRIBAL COMMUNITIES

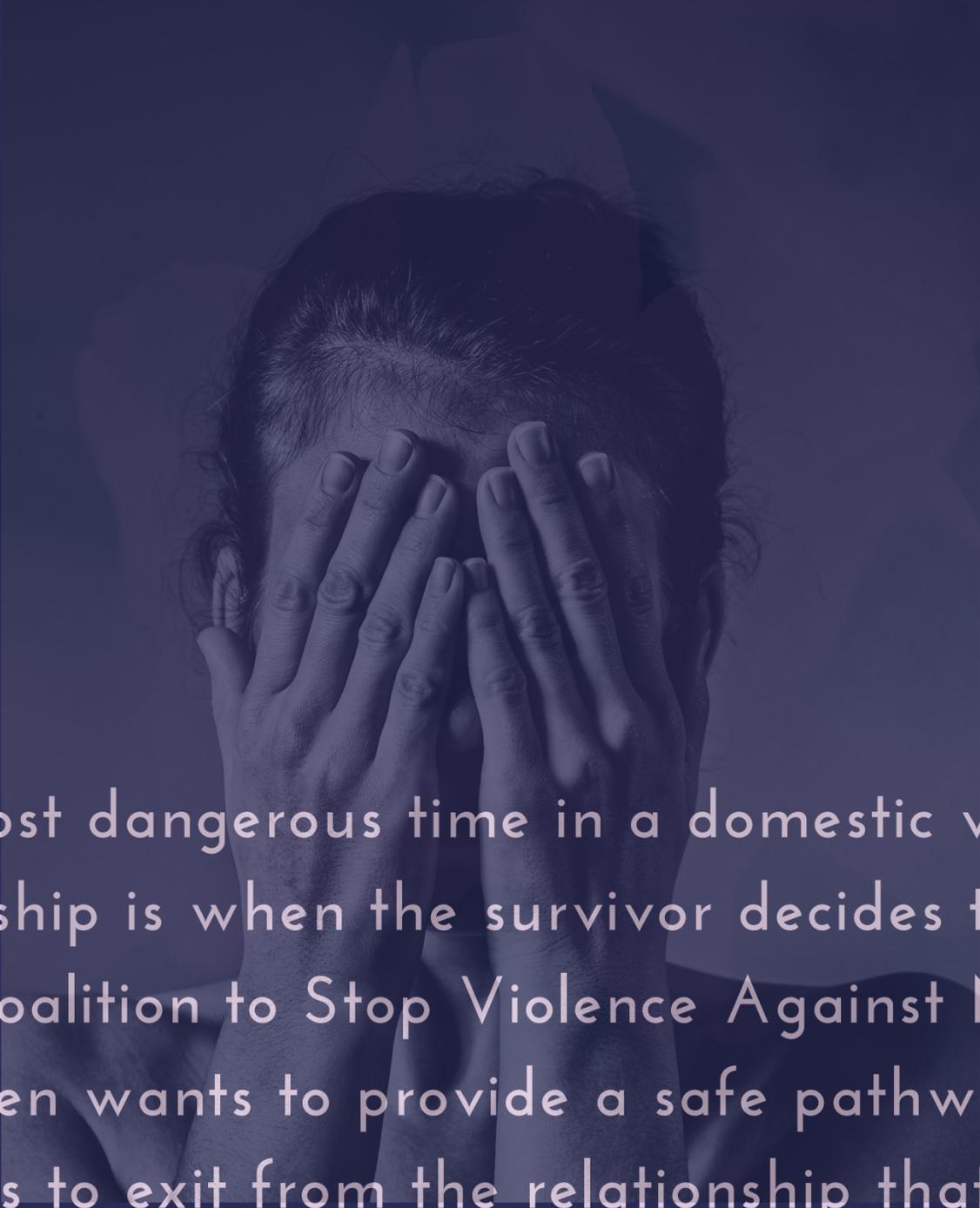
# Objectives



**Objective 1:** Advocates will learn why safety planning is important for their clients.

**Objective 2:** Advocates will learn the different types of safety planning.

**Objective 3:** Advocates will learn the benefits of safety planning.



The most dangerous time in a domestic violence relationship is when the survivor decides to leave. The Coalition to Stop Violence Against Native Women wants to provide a safe pathway for survivors to exit from the relationship that centers the needs of themselves, their children, family members, and/or pets.



# What is Safety Planning?

## Definition of Safety Planning:

A safety plan is a personalized, practical plan that includes ways to remain safe while in a relationship, planning to leave, or after you leave. Safety planning involves how to cope with emotions, tell friends and family about the abuse, take legal action and more.

(National Domestic Violence Hotline, 2020)



Safety planning can help you:  
[www.strongheartshelpline.org/safety-planning/](http://www.strongheartshelpline.org/safety-planning/)

*We See You.*



# Talking to survivors about their safety



## IT PROVIDES SURVIVORS:

A plan that fits the clients safety needs. It is important that you know where your client is at as far as preparing to leave. As an advocate you should ask the survivor do you have a safety plan. If they answer no, please gently encourage survivor to work on one with you. If they do not want to make one you may speak to the survivor about the benefits of having one and give them resources for safety planning.

# When to Use a Safety Plan



## SITUATIONS

- When a survivor feels afraid for his or her safety
- When someone is being hurt
- When someone is threatening a person
- When someone is being abused
- When someone lives, works, or is in contact with a person who is abusive
- When someone is harassing/stalking a person
- When someone has forced a person to have sex or do something sexual when they don't want to

# Benefits of Creating a Safety Plan

- Can help you plan a safe exit from a domestic violent situation/relationship.
- You will be prepared for yourself and your children.
- Knowledge of resources can help survivors navigate services that is right for them.
- Ensures that you have everything you need when planning to exit a situation/relationship.



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Safety Planning

# Types of Safety Planning



CSVANW



# Safety Planning While Still Living with an Abusive Partner

ASSESS AND IDENTIFY IF THE SURVIVOR IS STILL UNSAFE AT HOME WITH THE ABUSER

Living with an abusive partner can make it especially hard to identify or create opportunities to leave. Here are some important steps you can take to help prepare to leave an abusive living situation



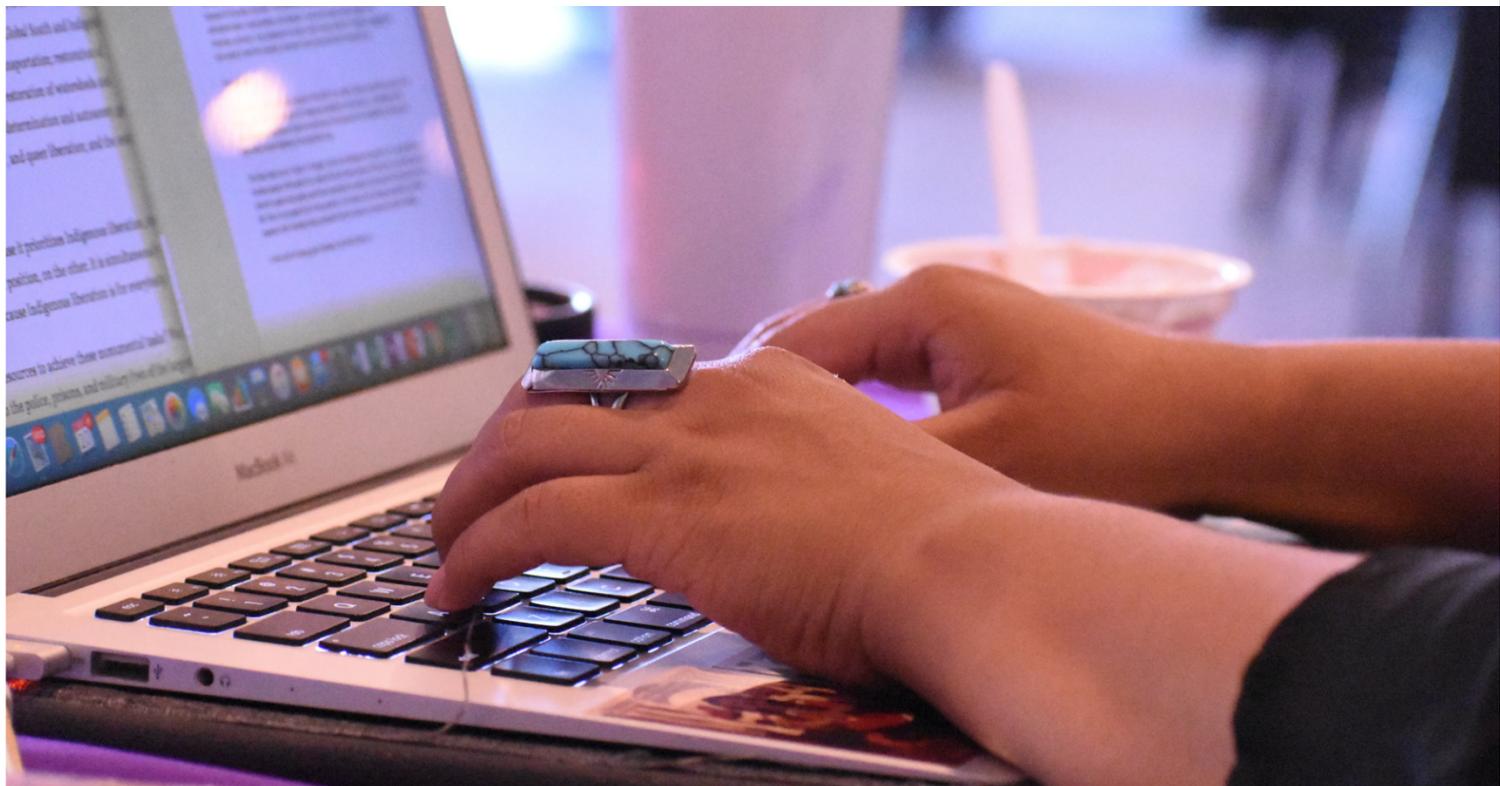
# 1. Have Survivor Identify their Abusers Use and Level of Force

So you can assess the risk of physical danger to survivor and others before it occurs



# 2. Have Survivor Identify Safe Areas in their residence

With pathways to exit, away from any weapon. If arguments occur, try to move to those areas before they escalate. For example: discourage survivor from being in the kitchen.



### **3. If safe, have a phone accessible at all times and know what numbers to call for help,**

including friends or family, The National Domestic Violence Hotline at 800.799.SAFE (7233), and their local shelter. Know where the nearest public phone is located.



### **4. Let trusted friends and neighbors know about your situation**

and develop a plan and visual signal for when you might need their help. Give them clear instructions on who you do or do not want them to contact in moments of crisis, including law enforcement.

## **5. Create several plausible reasons for leaving the house**

at different times of the day or night. Ex. multiple trips to the grocery store, spending time with friends, staying at work longer, find unnecessary errands to complete.



## **6. Have survivor practice how to get out safely**

including with others who may be living in the residence, if possible.

**7. Plan for what to do if survivors abusive partner finds out about their plan.**



**8. If possible, keep weapons like guns and knives locked away and stored as inaccessibly as possible.**

# Safety Planning

- Calling the police: it is okay to encourage survivors to call the police and make my necessary reports especially when obtaining a protection order and needing documentation to receive any type of legal services
- However, it is also okay for survivors to not call the police – this is where victim advocates can convey other resources to the survivor How would you help a survivor who does not want to call the police?



# Safety Planning

- Exit Plan: Preparation is important! It can save the survivors life. Plan an escape route Letting trusted family and friends know of your situation – how can they support and protect the survivor?
- Provide them copies of important documents
- Spare keys

## For Survivors what to have ready

- Full tank of gas
- Bag ready in the trunk
- Any medications
- Written list of emergency phone numbers
- Important documents (birth certificates, immunization records, social security cards, etc.) Extra clothes Extra cash in the car

# Safety Planning

If you have to stay within the home/situation

- If a violent event occurs: wear attire that cannot be used against you (jewelry, scarves, etc.),
- Avoid areas where objects can be used against you, avoid the kitchen area where knives and sharp objects are usually available



# SAFETY PLANNING WITH CHILDREN

- Remind your children that what is happening is never their fault
- Teach them that although they want to protect their parent, they should never intervene
- Teach children who to contact during an emergency (I.e. 911, family friends, or relatives)
- Stuffed animal or toy with a secret pocket/compartment to store emergency phone numbers If possible, have your kids leave the home if a situation becomes violent - this can be a code word or secret word
- Identify a safe room in the home where children can go when they are afraid and to think about something that can help them when they are scared
- Safety planning can encourage the parent/guardian to seek counseling services for children
- VIDEO: <https://youtu.be/u2F5KyJbzOk>



# SAFETY PLANNING WITH CHILDREN





# Safety Planning For All Your Loved Ones

Survivor safety should be prioritized, however, if it is possible, pets should be included in safety planning

# SAFETY PLANNING FOR PETS



Try not to leave pet with abuser



Look into temporary care options for your pet: family/friends or a humane shelter



When preparing, also remember to include any pet medications and medical records. If you have to leave a pet behind, call the local animal control services to see if they can intervene.

# SAFETY PLANNING SHEET



# Resources

- Strong Hearts Native Helpline <https://www.strongheartshelpline.org/>  
Phone: 1-844-7NATIVE (762-8483).
- New Mexico Coalition Against Domestic Violence <https://www.nmcadv.org/>  
Phone: (505) 246-9240
- National Domestic Violence Hotline 1-800-799-SAFE(7233)
- National Indian Women's Resource Center <https://www.niwrc.org/>
- First Nations Community Health Source Advocates- (505) 262-2481
- CSVANW can connect folks to victim advocates  
<https://www.csvanw.org/advocate-corner/helplines-hotlines-and-warmlines/>  
Phone: 505-243-9199



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KHUD-KEM AND ÁHÉHEE'  
(THANK YOU)  
ANY QUESTIONS?