

Safety Planning

A safety plan helps you stay safer, whether you are staying, getting ready to leave, or have already left. Every situation is different, so use the steps that fit your life.



01

When Things Are Calm

- Choose people you trust, such as friends, neighbors, coworkers, or relatives, who can help in an emergency. You decide what to tell them.
- Agree on a code word, phrase, or emoji that means "I need help." You may also share your phone location with them.
- Plan how you would get out of your home quickly, and practice it. With children, call it an "emergency drill."



02

Getting Ready to Leave

- Pack a bag with essentials for you and your children (see Saheli's Safety Checklist) and keep it somewhere safe, or arrange items so you can grab them fast.
- Make copies of passports, visas, green cards, and other immigration papers. Keep them with someone you trust.
- Save Saheli's number in your phone under a different name.
- Ask a trusted person to keep photos, messages, or notes about the abuse.
- Check whether your phone, car, or accounts share your location. Plan to turn tracking off or leave the device behind.



03

During an Emergency

- If an argument starts, move to a room with an exit. Stay away from the kitchen, bathroom, and anything that could be used as a weapon.
- Call 911 if you are in danger. You can ask for an interpreter in your language.
- Tell the dispatcher you are afraid for your safety. Police can help you seek an emergency restraining order, even at night or on weekends.



04

After Leaving

- Keep copies of your restraining order with you, at work, and at your children's school or daycare.
- Tell your children's school who is and is not allowed to pick them up.
- Change your passwords and check the privacy settings on your phone and accounts.
- If you left with your children, talk with Saheli about custody and legal next steps as soon as possible.

 **In immediate danger? Call 911.** For confidential help making your own safety plan, in your language, call Saheli.