

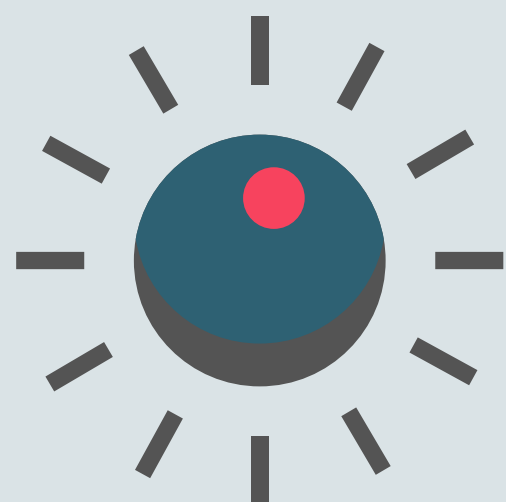
# GUIDE TO SAFETY PLANNING DURING COVID-19

## Staying Safe When Home is Not Safe



Going to the bathroom or a closet can provide an added layer of privacy.

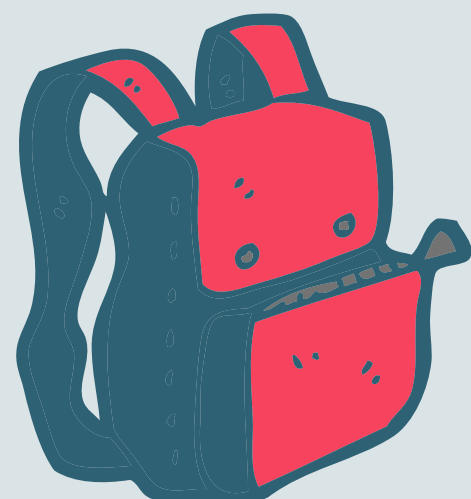
If a survivor is on the phone and unattended, they can run the shower or faucet to make some noise during the call, if they feel comfortable doing so.



If going outside is accessible, social distancing still permits walks, while maintaining a physical distance of six feet from other people. Going outside can give the survivor a break from a tense situation. It can also remove them from and/or deescalate an unsafe situation. Remind them to take this time to ground themselves, call a social support, or reach out to a hotline.



Help survivors identify a network of people in their building or digital community for continued support. Creating a code word or sentence with people in their supportive network to indicate that they need an immediate interruption or immediate help can be useful. They should discuss with their support network what help would look like if they use the code word or sentence (e.g., deescalation, calling a specific individual, calling 911).



Discuss with the survivor about hiding resources in safe places and create a plan for escaping. Speak to them about keeping their ID on them as much as possible. Create a go-bag of essentials including their medication, money, phone charger, food, mask, hand sanitizer & IDs.

Help them think about the easiest and safest routes for them to get out of their home quickly

While social distancing and staying at home is the best practice to limit the spread of COVID-19, for some individuals this can mean more harm. For some, staying at home means being isolated with the person(s) causing them harm. This could be a partner, a roommate, or a family member.

If a survivor is unsafe, help them consider what their options are and remember there are lots of organization to help with navigating available resources.



**PLEASE REMIND THEM THAT THEY DON'T HAVE TO DO THIS ALONE, AND YOU ARE HERE TO HELP THEM - TO LISTEN, TO CREATE A PERSONALIZED SAFETY PLAN, OR FOR OTHER SUPPORT.**

## Other Safety Considerations Technology

- Clear browser history
- Clear recent calls
- Delete text message and emails
- Use a different phone number (e.g., Google Voice)
- Check location sharing settings

## Emotional safety

Being in an abusive home or relationship takes a toll on a person's emotional well-being. Consider the following to help a survivor be emotionally safe during this time.

- Share self-care techniques (e.g., positive self-talk, breathing exercises, etc.)
- Encourage the survivor to reach out to virtual support network and/or spiritual support systems
- Brainstorm ways the survivor can regulate themselves if they are feeling anxious, stressed, overwhelmed, or scared



## Key Contacts

- Ontario Assaulted Women's Helpline 1(866) 863-0511 TTY 1(866) 8637868
- Ottawa Distress Centre 613- 238-3311
- Ottawa Rape Crisis Centre 613 562-2333 TTY (613) 562-3860
- Sexual Assault Support Centre (613) 234-2266 TTY (613) 725-1657 CALACS
- Francophone d'Ottawa (613)-789-9117
- Francophone Sexual Assault Program (613) 233-8478 TTY (613) 233-1866
- Talk 4 Healing is a free and culturally safe telephone help line for Aboriginal women living in Northern Ontario 1-855-554-HEAL

