

Intimate partner violence (IPV) is a specific form of domestic violence that occurs between two adults. This abuse includes verbal, emotional, psychological or sexual harm (including stalking behavior) by a current or former partner. IPV behavior ranges from infrequent, verbal abuse to patterns of frequent, serious battering, sexual assault or life-threatening abuse (CDC, 2016).

If you feel that you, or a loved one, may be in a potentially violent relationship, it is important to have a safety plan that should include children, pets and property. A safety plan is a personalized, practical plan that includes ways to enhance safety while in a relationship, planning to leave, or after you leave. This safety planning guide will help you think about things you can do to stay safe.



Safety Planning Tips

- If in danger or feeling threatened, call 911 and/or remove yourself from the situation (if safe to do so).
- Keep a “go-bag” packed and accessible in case you need to leave unexpectedly.
- Keep this bag in a safe place that you can access easily such as your car, at work, or with a close friend.
- Some items to include in your “go-bag” include:
 - Extra clothing
 - Cash, gift cards, credit cards, etc.
 - Medication if applicable
 - Extra set of keys
- Always keep purse/wallet, phone, and keys near at all times.
- Use your alarm on your keys to draw attention to your home in case of emergency.
- Purchase a pre-paid cell phone.
- Maintain gas in the car.
- Identification and documentation such as ID’s social security card, birth certificates, passport, marriage license, and military paperwork.
- If you have children, be sure to include their birth certificates, important school numbers, doctors or others who may need to be contacted.
- Practice where and how to leave the house in an emergency.
- Turn off yours and your child’s location settings on cell phones and social media.
- Change password for home security systems.
- Teach your children a safe word in the event they need to call for help.



For more information or assistance with safety planning, please contact a Family Advocacy Program Domestic Violence Victim Advocate Coordinator at **910-369-5521** or the 24/7 FAMILY ABUSE Hotline at **910-322-3418**, or call/visit the National Domestic Violence Hotline at **1-800-799-SAFE (7233)**, TheHotline.org.