



Safety Planning: Manage Your Risk

Safety planning is different for everyone and all of the points below might not apply to you. Contact Daya for personalized support: 713-981-7645 or <https://dayahouston.org>.

When things are calm:

Decide *who you will trust* to help you in an emergency such as neighbors, friends, coworkers, or family members. You decide what you share and with whom.

Make and share a *code word*, phrase or emoji to use with allies when you are in danger. Share your phone location with people who can come to you or call 911.

Choose *how to get out of the home* and rehearse this alternative plan. When planning with children, say that you are “practicing for an emergency”.

When Planning to Leave:

Pack a bag of everything you and your children will need when you leave ([see this checklist](#)) and choose a safe and easy place to leave it. Or, organize these items at home in such a way that they will be easy to grab quickly without the abuser noticing.

Use fake names to save Daya’s and other agencies’ numbers in your phone. Choose a trusted adult to *keep any evidence* you want to access later like photos of or statements about the abuse.

Learn how your abuser tracks your location and prepare to turn off any tracking features or even leave your phone behind *before you leave* for a shelter or an ally’s home.

In an Emergency:

During arguments, try to stay in rooms where you *have access to exits*. Stay away from anything that can be a weapon (kitchen utensils, countertops, moving cars, firearms).

If you call 911, you can say “I’m afraid for my life and I need a protective order”. Results are not guaranteed but this can help law enforcement understand the risk level.

After Leaving:

Call 911 to *inform the police that you have fled* your home from abuse. This is especially important if you flee with your children to another state.

Keep copies of protective orders at all times and share with people who care for the places where your family lives, works and goes to school. If there is no protective order or custody agreement, ask your kids’ school to let you know if the abusive parent tries to pick them up.