

Additional Safety Planning Considerations for Victims During COVID-19.

Online Resources:

- Ask if the client has access to the internet. What does this access look like for them?
 - Remember not everyone is tech-savvy. In some cases, you may want to show them how to access certain websites, tech functions, use private browsing, and all quick escape options.
- *National Domestic Violence Hotline:* www.thehotline.org
 - They have lots of helpful information and a live chat option.
 - Be sure to show the client the quick escape button feature.
- Online Safety Planning Tools
 - *The Vigor Tool:* <http://www.thevigor.org/vigor-safety-planning-tool/#.Xod7msLsZ9A>
 - Self-guided safety planning tool that can be completed via downloaded materials (not web-based).
 - *My Plan:* <https://www.myplanapp.org/>
 - Personalized virtual safety planning tool accessible via app and website.
- Clients can also message us through the GCFJC Facebook Page.

Additional Support People:

- Ask the client if there is someone who lives close to them who can be helpful. This could be a trusted neighbor who the victim can talk to. The victim and the neighbor could make a check-in plan. For example - the neighbor dropping by in a nonchalant manner, determining a time to meet outside every day, and/or developing a code word for help.

Safety at Home Order:

- Remind clients to know their surroundings in the home and have them pay attention to the abuser daily routine. If things escalate, it is better to argue in the bedroom or living room instead of the bathroom or kitchen.

Community Resources:

- Develop a plan before the crisis. Remember that most places are closed, so know what public places are open. Many businesses like stores and banks are still operating on limited hours. Help the client brainstorm reasons that they could use to escape. They may need to alter their plan depending on the time of day. Be creative. For example:
 - Create work reason or essential errand to leave home
 - Pick up schoolwork and/or lunch for the school for their children.
 - Dropping something off at church or going to a meal drop off/pick-up location.
 - Other “essential errands” such as groceries or picking up prescriptions.

Additional Reminders and Information:

- Stay at Home Order to Shelter in Place does not mean that a victim cannot leave the home to access safety resources.
- Assist clients with additional resources regarding food, financial assistance, and shelter options.
- Ask them to memorize the FJC phone number. It’s easy! 336-641-SAFE.
- Remind people that they can still contact law enforcement via phone call or text message.

Remember you may be the last person that the victim talks to or meets.