

Safety Planning – During COVID-19

- What will continue to work?
- What no longer will work?
- How can I adapt what I did before to this new situation?

Decreasing isolation and having a healthy support system is important.

Who already knows about the abuse?

When I need support or someone to talk to, I can contact...

What are ways I can connect with my supports if my usual ways are no longer an option?

As part of my plan, I can become consciously aware of the person's behavioural pattern (eg. Drinking, using drugs, picking fights, criticizing me, etc.) that may contribute to an escalation of unwanted or unsafe behaviour.

I know that it is becoming unsafe when the person is doing or saying....

I know that I am becoming unsafe (physically or emotionally) when I feel ...

COVID-19 means it may be more difficult to reach out for help if I am in danger. I can...

- Create a code word/text/gif that can spell danger if received
- Keep my phone fully charged at all times and on my person – always wear something with pockets
- Create physical indications for neighbours – turning on or off certain lights, opening or closing of particular blinds, etc.
- Teach my children how to use the telephone to contact the police and to provide quick and accurate information, including directions, to our home and neighbourhood.

I know that even if have signs/symptoms of COVID-19 or have been possibly exposed to COVID-19, support and shelter is still available through MHWSS by calling their 24/7 help line at 403-529-1091 or 1-800-661-7949

I can maintain routines and patterns where possible. For example, always checking in with people in my support system at the same time each day and/or week.

Distancing & De-escalation:

- I can find safe ways to create physical distance. This could include going to another room or level in the house, or going outside.
- Screen time can be a way to create distance. Movies, tv shows, non-violent video games can be a good distraction for those in the household.
- It's OK to avoid difficult conversations and topics to stay safe – especially if I know it will escalate tension and the possibility of violence.

Someone who is abusive may use COVID-19 as a way to have power and control over you. For example, they could restrict access to cleaning supplies, refuse to follow proper self-isolation procedures, provide misinformation about the virus and current community protocols, or disregard social distancing protocols for children.

If these are happening, I can:

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Emotional Safety:

Living with abuse, mistreatment, or even lots of stress will have an impact on emotional well-being. Even if you do not feel unsafe physically, taking care of yourself emotionally and having the right supports can also set you up for success in a relationship.

These are some things that I can do now for self-care...

These are some things that I would like to start doing for self-care...

One area that I still feel I need help/support in is...

NOTE: If you would like additional information on safety plans for other situations such as: If you are thinking about leaving, if you have children, safety in the workplace, if you have a pet, for stalking or harassment concerns or other personalized situations please contact the Medicine Hat Women's Shelter Society through our 24/7 help line at 403-529-1091 or 1-800-661-7949