



Wednesday Workshop: Supporting Survivors of Sexual and Domestic Violence

Podcast Transcript

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Safety Planning in Relationships

Presented by Marissa, Adult Domestic Violence Advocate, and Teresa, Dual Domestic Violence and Sexual Assault Counselor

Marissa: Hello welcome to The Women's Center's Wednesday Workshop podcast. Intended for survivors of Domestic and Sexual Violence as a time to learn and grow in order to move beyond their trauma. Each session will feature instruction on a healing topic. This week our topic is safety planning in relationships, which is important now more than ever. During the Safer at Home order, domestic violence has been on the rise and is expected to continue as many victims have been trapped with their abusers. If you or someone you know needs help, keep on listening.

We're your hosts, my name is Marissa and I'm the Adult Domestic Violence Advocate.

Teresa: And I'm Teresa, the Domestic Violence and Sexual Assault Counselor. And we will get started by talking about safety planning in relationships. Safety planning is a personalized, practical plan that addresses ways to stay safe while you're in a relationship, while you're planning to leave, and after you leave. There are a lot of different things to think about too, while you are in a relationship looking at safety planning, and we'll go through all of these different facets throughout the presentation. But a lot of things to think about while you are in a relationship, is if you have children in that relationship, how do you safety plan with them? If you have pets you know, how do you plan around keeping them safe and yourself safe as well. If you are currently pregnant in a relationship and thinking about your safety, and also emotional safety. This is a really big one, because often times, when we're talking about safety planning or safety in general, we can go to that immediate physical safety, which is a huge part of safety planning but thinking and talking about emotional safety is just as important as physical safety.

Marissa: To start, let's look at ways to stay safe while living with an abusive partner, which again, is something that is very much is happening right now, and is very much exacerbated by the current state of things. While living with an abusive partner, it's important to identify safe areas of the home. That's any potential ways to escape, you know, making sure there aren't weapons around. That's also about avoiding some unsafe areas especially during arguments. There are some spaces in a home that we use everyday but can really become dangerous during an argument during an abusive incident. That would be like your kitchens, where there might be knives, appliances, heavy things. There's bathrooms where you're backed into a corner, things like that, so if there is any sort of argument going on it can be really helpful to, as subtly as you can, move into a more open area living room, outside if you can, whatever you need to do.

It's also really important to have a phone accessible at all times as possible. And in there, numbers to call for help. That would be your law enforcement, or trusted friend or family member, a domestic violence hotline. If you are in danger, if there is an active situation going on, it is most important to call 911 if you need it just for that immediate physical safety. All of those numbers are really important to have on hand. It can really help to let others you trust know what's going on and plan for a signal when you need help. That could be a visual signal, code words. I've been seeing in the news that people have been putting colored pieces of paper in their windows to signal that they're doing okay. You know, that could be a really important safety tool to let people know that you might not be doing okay, or maybe a code word you can text, like you're asking for this certain grocery of a friend, or something like that. And when you can when it is safe to do so maybe when an abuser isn't, is outside of the home, practice getting out safely, practice those escape routes, practice you know, grabbing what you need and heading out whatever you need to do to stay safe.

Teresa: How do we use a safety plan when we have children in the home? Either with that abuser, or you know the kiddos are living with us, in that apartment or in that household. Thinking about how we normally would respond to kids, you know we want to run to them make sure that they're okay, but when we are living with an abusive partner or an abusive person in the household, if violence is escalating, it may feel really counterintuitive, but try to avoid running to the children. This will only further endanger more people when things are escalating in the home. And I know that that feels like the exact opposite thing you want to do when you are worried about safety, but just so that we don't endanger more people in the household, that is a great way to safety plan around if you have kids with that person or in the house. It's also important too if your kiddos are old enough to teach them how to call 911. Even framing a conversation around, you know, if we don't feel safe, or there's a fire, you know, things like that,

here's how we dial 911, or here's how we pick up the phone, if they are old enough to do that.

As Marissa had said too, using code words is an awesome tool to think about having a conversation for safety reasons. Code words with kiddos and adults are really effective. Even with kids, having a code word like a color, or a food that they might not typically want or say, can kind of signal when a child might need to leave or call for help. If that kiddo hears you say you know a word or a color, they know to either run to that neighbor's house or to call for 911. Establishing a safety plan with children can also be really overwhelming and scary to think about as a parent, but it is a really important conversation to have with them. Even thinking about going throughout the house and identifying safe rooms that kiddo or kiddos can go to when they're feeling scared is important. If that is, you know, in their room, you know, what space in that room is a safe place for them where they feel cozy or comfortable? Is it an object that they have too that makes them feel grounded or safe?

It's also important too to talk about rooms to avoid. Similar to what Marissa had mentioned before about you know, avoiding a kitchen, avoiding a bathroom those different things too. Kind of walking around the house and having that conversation with them. And lastly, creating a list of safe people that they can talk to. Knowing that there might be a neighbor that a kiddo could feel connected to. A safe adult, whether that is a family member or friend of yours that they would be able to contact or go to if things were escalating and they didn't feel safe in that household. It's really crucial when having this conversation with kids to let them know that it's not their fault, it's never their fault for what is going on in the home. And that you want to protect them and keep them safe in case of an emergency and that's why you're having a conversation with them. Even framing safety planning with kiddos around you know when it's an emergency we call 911, if there's a fire we call 911, that's a really easy way to have this conversation with kids.

Marissa: How might one stay safe during pregnancy? A lot of these tips will really continue to carry over into other things we talk about during this podcast, but for folks who may be pregnant there are some specific considerations to take into account.

The first one being, try to stay on the first floor of your home as much as possible. If you're on the second floor, and you're coming downstairs there might be that potential for an abuser to try to push you down the stairs and harm you or harm the pregnancy. If you are in any physical danger, so, if things are escalating, try to move into a position that will protect your stomach. Again just to keep you safe, the pregnancy going. It's also really important to maybe start coming up with a labor support system. So doctors,

nurses, looking for maybe a doula or midwife, contacting family or trusted friends. You know, you're really going to want those supportive people who will help keep you safe and relaxed during your pregnancy. If there is a way for you to request that your abuser isn't present, or that you don't want them to know that you are going into labor and that you're at the hospital, you can make that request. You can also use doctors visits as a way to talk about the abuse if it's safe to do so. Often, doctors are really great about checking in, making sure if things are safe at home, and you know if they're asking and you feel safe enough to do so, they're likely asking because they have some resources for you, some support to provide.

Teresa: How do we stay safe if we have pets in the home? Pets are a family member for sure. Thinking about you know trying to stay safe or preparing to leave or after you leave a relationship with a pet can be really daunting. Because they are like children. When you are still in that relationship, and considering leaving, if that is that is a step that you are thinking about taking, think about bringing extra food for pets. If that is keeping it a friend or family member's house, or if that is keeping it in a Ziplock bag you know in your trunk, or in your go bag. Just having some extra stuff for them just in case you do need it.

It's also important to keep the phone number for a 24-hour emergency vet clinic available too, so if that was ever harmed or lets say, that pet is having a healthy emergency, that you would have the opportunity to go to a 24-hour clinic if need be. It's also important too to establish ownership of your pets by creating some sort of paper trail. This might be done through with things like that vaccination records, vet records that you have put in your name, or adoption records too of an animal if you are adopting. Just in case the person would try to claim that pet as their own, that you would have that proof, "Nope, this is my animal and I have the different documents and doctor's visits to prove it".

If you are planning on leaving, and you have a pet, and you're worried about their safety you think about it other places that you could take that pet to. It might be a friend or family member's house for a couple days while you are establishing safety elsewhere. If you don't have a safe place for pets to go, with a family or friend, we also have a number of different safe havens in Waukesha County specifically, that pets could go to if you are survivor or victim of domestic violence. This is something that is set in place in order for you to feel like you can go and establish safety elsewhere if need be, without having to worry about the safety and well-being of your animals. This is definitely something to look into if this is a barrier for you, you know, finding that safe place for dogs, cats or animals to go to, definitely something to look into.

It is important too to think about packing a bag for your pet that includes things like food, medicine, different documents like the ones I listed above, as well as a leash if they need it, and ID tags, rabies tags. If your pet has a carrier, or if it has special toys that make it feel safe and comfortable and soothed, as well as some bedding too. If you have left that partner and you are living with a pet in your new environment, a couple different things to think about as far as safety planning around that pet. So, it is important to think about keeping pets indoors, if possible. That's not to say, you know, don't take that pet outside if it needs to use the bathroom or for a walk, if you need to walk a pet. But, just thinking about you know, if you have a specific type of dog for example. If you are taking that pet out for a walk or to use the bathroom if you can you know, walk with a friend, or you know that have someone on the phone with you while you're doing that, just in case it's never a bad idea.

If you are living alone, or you are living in an area where you don't feel like you could have a friend or family member come over, you know giving them a call and you know, having a conversation with them either to check in about your safety, or just a just to talk. You need that connection piece too. But that's also good just in case you know someone could approach you or would approach you and your animal, to have that extra support built in.

It's also important you too to think picking a safe routine and a time to walk your pet if you need to. That might look like you know doing it in the day versus night. That might also look like a specific route by your place, where its public and not as isolated, where you know that you're going to be around other people and you know if you need to leave that street or that block quickly you can you know go to a neighbor's house, or go into a business. Thinking about things like that.

And lastly, and this is really important, is to think about changing your vet if you have left. Abusers might know where that that office was, they might have accompanied us to take an animal in for an appointment before, so thinking about changing up that vet so that if you are you know going once every couple months to get vaccinations or just a check up for your animal that they wouldn't be able to find you there. So it's a good thing to think about doing.

Marissa: Really important points for sure. Next we're going to change gears a little bit and talk about safety planning while leaving the relationship. We know that leaving an abusive relationship is the most dangerous time for survivors. You know that abuser is really feeling that loss of control, and they may be acting out, and escalating to try to get your attention, try to get you back. So with that, we're going to be talking about what safety planning looks like while you're preparing to leave, we're going to talk about what

it looks like when you're actually in the process of leaving, and we're going to talk about how things look afterwards.

Teresa: Thinking about safety planning when you are preparing to leave. As Marissa had mentioned, leaving an abusive relationship, and when a partner knows you're leaving that abusive relationship, it is the most dangerous time for survivors. Because violence can escalate really quickly when you're trying to leave. It's important to think about keeping evidence of any abuse, and that might be done through a journal. But I will say you know, thinking about a safe place to keep this, and you keep the evidence of any abuse, that's first and foremost. If you have a safe place to put this journal, or you know, a safe friend you can keep that with where you can call and talk to you about it. Thinking about that first before you started is really key. If that is writing down the date and time of an event that occurred when things had escalated, whether that is physical abuse, sexual abuse, or emotional abuse. You know, thinking about what that incident looked like, and writing it down. If you have pictures of any of abuse as well, think about putting those in there if it's safe to do so. And again, hiding this in a safe place. And I can't stress that enough. You know, if you don't have a safe place to keep it, consider leaving it with a friend or having a friend keep that, you know, document for you.

When you are preparing to leave it's also important for you to think about where you can go if you need to. And so that might look like you know your ideal place for you to go, when you are a person. And that might be a friend or family member, or it might be your local shelter as well. Knowing where your first choice would be as if you have the time and can safely leave where could you go? But this might also look like if you need to get out quickly where could you go? Down the street to a neighbor's house? Or is that you know to a grocery store just to get out of the place that you're in? It's really crucial to identify all of those safe places for yourself and to think about, you know, the ideal plan, and also the short-term plan if you need to go quick.

And also talking to someone about the abuse that you're experiencing if you feel safe and trust that person. That might not be a friend or family member. That might also be a hotline or an advocate, you know, really cueing someone into what you're going through is crucial. If you are injured and you are preparing to leave that relationship consider seeking medical attention and documenting that visit. You might go into that doctor's office and you might have bruises or you might have a different injuries based on the abuse that you sustained and so that might be another document to kind of put in that journal to keep the evidence of the abuse that you're experiencing.

It's also important to think about trying to set some money aside or asking family and friends to hold money for you if you are preparing to leave that relationship. And this is

so that you feel like you have a little bit to get you off the ground, and you know buy groceries, or you know put money down for a safety deposit if need be. It's going to look different for everyone, but even setting aside \$5 or \$10 each paycheck and keeping it with that safe trusted person can give you a not even just to feel a little bit more comfortable and like you've got a extra cushion in case you need it.

And lastly, when you're preparing to leave, consider contacting your local DV agency, you know, consider contacting us to help you safety plan. And this is really crucial. You know, Marissa and I, and all of our advocates and counselors at The Women's Center are able to safety plan with you and it's also just really great to have a conversation with someone you know that that isn't in that relationship or in that family system, with you to consider, "Okay what do I need to do to stay safe?". And you know ask those hard questions, and have an open and honest conversation about it. It's really good to just kind of bounce those ideas off of each other so that you know, "Okay here I'm crossing my T's, dotting my I's and I'm making sure I'm safety planning to the best of my abilities".

Marissa: And so, while you're leaving their relationship, there are really, really, really important things to consider. First thing being, having that plan to go, how to leave quickly. You know, you may be leaving while they're at work, you may be doing things quietly, more calculated, or you know a situation might present itself and you have to leave immediately. Having you know those sort of different contingency plans too, is really going to be important. You know, if you have a little bit more time to sort of plan this exit, you can request a police escort or have an officer standing by to make sure you can get out in the safest manner possible. There's also going to be quite a few things to bring with you if it's safe and if it's possible to do so. If you don't get everything in the first trip, you know, you can again call on that police escort or that stand by to go back into the home and retrieve your things. We've been talking a lot about go bags so far and we're going to break down what those are, what they look like, you can have one for yourself, you can have them for your children, pets, all things like that. We'll be going more into detail as to and what may be a part of that go bag.

Teresa: As Marissa said, go bags are a really good thing to think about if you have the opportunity to gather something when you are leaving. I'm going to be breaking down a couple different points here. We'll be talking about identification and the legal papers as well that you can take with you if it's safe to do so. If you have a driver's license is important to take that with you if you can. Even consider with all of these to make copies of them too, just in case the original copies get destroyed. Taking birth certificates is also really important to think about bringing with you. And so, birth certificates of yourself, of any kiddos you might have, and making copies of those as well. Same goes for social security cards for you and your family members, as well as any

passports or visas that you might have. And lastly for some identification that you would bring with you, thinking about any financial information you might have. If that is taking some money that you have around the house, and putting that in your go bag so that you can pay for some gas or pay for some groceries. But it also looks like taking those credit cards if they're in your name. And, also, looking at records of your checking or savings account, and making copies of those documents, giving it to a friend or a family member in case an abuser tries to destroy them. Legal papers too are something important to consider. If you have a protective order against an abuser or a restraining order against an abuser, you know, have a copy of that on hand but also give that to a friend or a family member as well. If you are leasing or have a mortgage, you know, think about having copies of either that lease or that house deed if it's in your name. Also consider making a copy of your car registration and insurance if it's in your name as well. And then, thinking about medical records that you might want to take with you. As well as school records for and kiddos or yourself if you are pursuing education. Work permits too are important to consider bringing, as well as any divorce or custody papers that you might have. And that could go with that partner that you were currently leaving or a previous partner with whom you have kiddos with. Think about making copies of those documents as well. And lastly, if you have a marriage license, make a copy of that.

We never know an abuser is going to react when they are feeling that loss of control like Marissa had mentioned. Important if it is safe to do so, make those copies that way you can get up to a friend or family member in case they would try to destroy any of them. And placing all of these documents in a bag in a safe place in your home is really important. In your home, in a trunk of a car in a friend or family member is home where you feel like it won't be found. Essentially, you want this to be a bag that you can grab really quickly if you need to leave that house. And you know, I will highlight too, that safety planning is huge when we are talking about these things. Because we can kind of go through, you know, "Do you have birth certificates? And copies of those? Do you have those, you know, social security cards? Do you have your car registration?" We can definitely walk through that with you and make sure you're checking all those boxes. And that's why safety planning is so important beforehand if you can connect with an advocate counselor to do so. But I will say too, that there are also a number of different ways of obtaining this information elsewhere. So, for example, you can get a new driver's license, as well as a birth certificate, and social security card but it can be a lengthy process. So, that's not to say you know, if you can't grab these items before you go, that you can't, you know that you can't get them again. But just consider if you do have the time and safety to put together some of these documents in that bag, take the time to plan and do that.

Marissa: Totally. Some other things to think about in this go bag would be some emergency numbers. And I would say, you know, program them in your phone, but also write them down too if you don't have access to your phone for whatever reason, if it gets destroyed, if it doesn't have a charge, you know, all of these things are really important numbers to have on hand. And if your phone isn't accessible to try to borrow a phone of a friend or family member or business. First thing, you likely want to have the phone number for your local police or Sheriff's Department, their non-emergency lines. That's really helpful to continue that paper trail if there are continuing abusive incidents that you want to make reports on, that can really help you out later if you're looking to pursue any sort of protective order, restraining order, or anything to do with custody. Having those non-emergency lines would really be important.

It's also really important to have the phone number for a local domestic violence agency or shelter on hand. So that could look like have our hotline saved in your phone, you could have The National Domestic Violence Hotline as well. We have little business cards that just have our 24-hour hotline phone number on it, our 262 number, and our toll-free number. Some other important numbers would be having some friends or families, is your doctor or hospital and also you know maybe your county or district attorney. Especially if there's any sort of active cases going on. Some other things that are really important to have in this go bag are any medication for prescriptions that you or your kiddos may have. Having an extra set of house or car keys. Having that change of clothes, and like Teresa had mentioned, having that emergency money. And it's also really important to have some sentimental objects that, that'll really help with the emotional side of this. Because this is really difficult, and you deserve to have, you know, those let's say, important photos, or you know, something that you really enjoy. You don't have to leave that behind when you're leaving an abusive relationship.

Teresa: Safety is just as important to consider after you leave that relationship as it is when you are planning on leaving that relationship. Things to think about might look like changing your locks if you are still currently living in an apartment or a home that that abuser is familiar with, or might have had a key to in the past. You know, consider changing those just for your safety.

Also, consider changing your phone number as well. You know, when you have left that partner, they might be trying to reach back out and give you a call, send you text messages, and if you can, changing that phone number is a really great way to make sure that they can't get into contact with you, and just to kind of protect that emotional safety piece of it too. Getting those messages or those calls continually can be really distressing.

Also, avoid staying alone if you can after you leave that relationship. You know, if you are a living by yourself after or and you're letting the kids, you know, is that is it possible to have a friend stay with you for a bit? Is it possible to stay with a family member? It is important to also think about how you could get away in that environment that you're currently living in after you left that abusive partner. It's important think about this just in case you would have to leave quickly. You know, if you wouldn't feel safe in that environment, if that abuser does show up, how do you leave your apartment or your home safety? Also consider varying your routines if you're able to. You know, it's important to think about the grocery stores you might have gone to, or drug stores, or different libraries that you might have gone to that, you know, you went to every day or every week on Monday. Think about going to the grocery store on a different day of the week, or switching up that location, just in case that abuser might be trying to find you in routines that you had previously established.

Also consider notifying your school, your kiddos schools, and/or your work after you left. Also consider renting a P.O. box if you are, you know, getting mail or after you've left you don't have a safe address for you to accept mail at. Consider renting that you can still you know remain safe and have that address be confidential with where you're currently living at. If you had appointments scheduled prior to leaving that person too, consider rescheduling those appointments. I know a lot of people might have one calendar for everyone in their family and they all can you put an appointments on that one spot together, but that also means that that abuser might have had access to appointments you might have scheduled out in the future. Consider rescheduling those if you can.

Also, alert your neighbors after you leave. And so that might be alerting neighbors if you are still living in that same space that you were in, or alerting neighbors in a new neighborhood, in new complex, whatever that might look like for you, you know, of that that person or of a car if you have a description of that as well. Install motion lights too if you can. This is, this is to say, that you know if you are living in a house, or if we're living in an apartment building and you're having that conversation with a landlord, see if motion lights would be something that either you would consider or that landlord would consider just for a safety precaution. And if you do have a restraining order, keep a copy on hand with you and inform safe people of that restraining order. Maybe think about giving that copy to a trusted family member just in case. And I always recommend having one on you either in your purse or in your wallet, or in a glove box in a car if you need it. So, consider those things if you are leaving afterwards.

Marissa: And earlier we mentioned we were going to talk about emotional safety planning too. This is just as important as your physical safety. It's a personalized plan that helps you feel accepting of emotions and decisions when dealing with abuse. That

way to really start that healing process for yourself. We also will be releasing a podcast specifically about emotional safety planning too, so stay tuned for that in the future, but for now we'll do a little bit of an abbreviated list.

One of the first, most important things to do is seek out those supportive people. Whether that's family members, trusted friends, your community. I know especially during this time it may feel really hard to have that connectedness but there are so many kinds of digital virtual platforms to maintain these connections and make sure you still have folks in your corner. It's also really important to identify and work towards some achievable goals. And those could be related to your healing, or that could just be an everyday thing. And using those support systems to help keep you accountable and on track with those goals.

It's also okay to not have too many goals right now, you just, you know you've through something very difficult. It's okay if your goal is to get up out of bed every morning, that is a great goal. Going off of that, try to create a peaceful space for yourself if at all possible. So, if there's a room within your home, a comfy chair, maybe a park, you know, if you're staying in a shelter, maybe having a blanket or a comfort item that helps create that peace for you. Remind yourself of your value too. It's not your fault that this happened and going through this abuse does not reflect who you are. And remember that you deserve to be kind to yourself. Practice some sort of self-care everyday even if it's small. Again, if getting out of bed is your goal, it's if it's your self-care practice, that is awesome. If it's making your coffee, if it's reaching out to a friend, those are all great things. You know, self-care doesn't have to be this grandiose gesture. It can just really be those a little everyday things that build and and again remind ourselves of our value.

Teresa: To kind of piggyback off of what Marissa was talking about regarding emotional safety, everyone's needs for self-care and emotional safety is going to look different, but there is an awesome meditation called The Loving-Kindness Meditation. And if you Google that, or if you put that into YouTube, there will be a lot of different videos that pop up that, you know, will have the meditation being spoken out loud. Essentially, it's like a really short meditation, and it's four different statements that is being said over and over again. Even if you don't have access to technology, or to view those videos, or even if it's not a safe place for you to play those videos in, saying these statements to yourself too can be really grounding and can practice self-care and giving yourself that room to be kind to yourself. Essentially the meditation goes through four different statements. And the first is “May you be happy”, the second is “May you be well”, the third is “May you be safe”, and the last one “May you be peaceful and at ease”. And so this is a really awesome tool if you are just needing to practice some of that self-care and practicing being kind yourself, with where you're at in your healing. Saying

these four statements over and over or listening to that meditation where they're saying those statements over can be really helpful to give yourself that room to heal.

Marissa: We want to add another quick note about technological safety too. That is really important, especially in this age. A lot of a lot of things that we do online are tracked to some capacity. So, we want to make sure that that information doesn't potentially get into the hands of an abuser. A couple quick tips on that. Use a safe computer or a phone, you know, if at all possible. If you feel like you need a new cell phone, you know go ahead with that. If you feel like it's been compromised in any way. If you have questions about resources, let an advocate know, let one of us know. Try to change all of your passwords and usernames. I know a lot of folks tend to have like a small rotation of passwords that they regularly use for a lot of different platforms. And so, say if an abuser had your Netflix account and that matches your bank account, you know, there's that jump they can likely get into that. Trying to change that rotation of passwords, even usernames too is really important.

It's also important to check social media privacy settings and see what you are sharing. These change all the time within specific apps, so just you know, just updating say Facebook's privacy settings, or your Instagram or your Twitter, just making sure that you are in control of your privacy and your information online.

It's important to check your cell phone settings too. Check that other devices are not connected through Bluetooth, or if you have a find my friends app. If you have any questions about this, you can usually reach out to different customer support hotlines related to your provider or your cell phone manufacturer. They can walk you through the steps of tracking these. Look at bluetooth and location access settings too, make sure those are turned off or limited. Some apps automatically place a location but this can be managed through the app settings, so, keeping an eye on that pretty regularly. I know that Snapchat is an app that will regularly turn on your location after you turned it off with different updates that it gets pushed out, so just keep an aware of apps that may refresh your settings, or you know, maybe giving away that information. It's okay to have your location on for some things. Like if you need to use GPS, you know, if you need to turn it on to get where you need to go and then turn it off that might be a safe way to use that as well. As well confirming each app that you have on your phone or your computer. And if you're not familiar with the app, delete it. You know, we might not know the origin of that app, and if you're not familiar with that, you're likely not using it either, so the safe bet to just get rid of any apps that you might not be using super regularly or that you're not familiar with.

Teresa: What does your safety plan look like knowing all of this information now? And kind of considering all of these different steps that you can take to keep yourself safe. With that being said, there is no one way to create a safety plan. Again, this is an individualized, personalized plan that is different for everybody just depending on that relationship that they're leaving, that partner that they're leaving, and what their needs are. Safety plans look different for everyone depending on the situation that they're in. Consider speaking with an advocate to craft a safety plan that works for you and your lifestyle and what you need the address to keep yourself in your family safe.

Marissa: And if you are looking for resources, there's a wide variety of safety planning resources available. We will be including a template of a safety plan that we often use with folks. But you know, also checking out the National Coalition Against Domestic Violence, The National Network To End Domestic Violence, also www.thehotline.org has a lot of great resources to help with safety planning. Again, if you have any questions navigating these resources or if you're looking through our template and you have questions or concerns, let us know we would love to help.

Teresa: Absolutely. Thank you for joining us to learn more about safety planning and relationships. Our next session will be on staying grounded in turbulent times. We'll be talking about what grounding strategies are and how they can be beneficial to get us through difficult emotions and uncertain times such as these.

If you like to you would like to talk with an advocate about your own experience please call our 24-hour hotline as 262-542-3828 learn more about The Women's Center at www.twcwaukesha.org. Thank you and be well.