MAKE A SAFETY PLAN
The stresses in our lives have increased dramatically due to the COVID-19 pandemic, putting more people at risk of domestic violence.

- **You are not alone:** Rising rates of domestic violence have been reported worldwide
- Increased stress and financial worries can have dangerous impacts
- Abusive partners can use fear related to COVID-19 to exert their power and control by doing things like sharing false information or withholding hand sanitizer or disinfectants
- Public places where people might have sought support may have closed due to physical distancing requirements
- Abusive partners may feel more justified to escalate their isolation practices

TIPS TO STAY SAFE DURING A VIOLENT INCIDENT

- Use your judgment and intuition. If the situation is very serious, give in to the demands to calm down the other person
- When anticipating an argument, try to move to a space that has fewer risks (e.g., access to an outside door, no weapons nearby)
• If violence is unavoidable, try to make yourself as small as possible and cover your head
• Make as much noise as possible
• Try to avoid being in any areas with children
• Create a code word with your children or friends so they can call for help
• Let trusted friends and neighbours know of your situation and develop a plan and visual signal for when you need help
• Decide on a safe place (or two or three) to go if you need to leave your home

TIPS ON HOW TO CREATE A SAFETY PLAN FOR YOUR CHILDREN
• Teach your children how to use the telephone to contact 911; make sure they know their name and address and that it is important to not hang up the phone
• Teach your children to leave the room or home if the situation starts to escalate and plan a safe option for where they can go
• Teach them to NEVER intervene, even though they want to protect their loved ones
• Create a list of people they can reach out and talk to

MORE INFORMATION ABOUT SAFETY PLANS
- Battered Women’s Support Services [www.bwss.org](http://www.bwss.org)
- Ending Violence Association of BC [www.endingviolence.org](http://www.endingviolence.org)

GET PHONE SUPPORT
If you or a loved one are facing violence, do not hesitate to call the KU-UUS crisis line at 1-800-KUU-US17 (588-8717) or VictimLinkBC at 1-800-563-0808 to access support.

Learn about creating healthy family connections [here](http://www.fnha.ca/coronavirus).