



First Nations Health Authority
Health through wellness

Domestic Violence During COVID-19



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
- Ending Violence Association of BC 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 \(588-8717\)](tel:1-800-KUU-US17) or **VictimLinkBC** at [1-800-563-0808](tel:1-800-563-0808) to access support.

Learn about creating healthy family connections [here](#).