

Examples of Domestic Violence Survivors' Safety Planning and Strengths

Children who have witnessed domestic violence need:



Survivors may try to meet those needs in various ways, including:

Safety:

- Placate the perpetrator
- Send the children to their room/neighbor/family member
- Call perpetrator's supports (parent, friend, employer, etc)
- Have code words with children
- Have codes or signals with neighbors
- Tell friends or family when in need of help
- Stay out of the home at times
- Try to reduce "triggers" or try to meet perpetrator's needs or wants
- Call police
- File order of protection
- Escape relationship (current or past)

Stability:

- Maintain children's routine (school, meal times, homework, bedtimes)
- Maintain consistent rules and discipline
- Maintain stable housing and school

- Try to encourage children to have access to extracurricular activities
- Try to encourage children to have meaningful friendships
- Try to encourage children's bond with other family members
- Maintain supportive relationships for self

To talk about what happened:

- Ask the children how they're feeling
- Reminding children that she's trying to keep them safe
- Telling the children it's not their fault
- Allow children to be angry, sad, or any other feelings about perpetrator
- Encouraging children to find other ways to share their feelings (through play or art)
- Encourage children to talk to friends or family
- Set child up for therapy or counseling