



Learn about safety planning during the holidays

For survivors, the holiday season can create a dangerous environment at home.

one

Create a safety plan or reviewing it to address your current circumstances and concerns

two

Identify trusted individuals with whom you can share your safety plan prior to an event or travel

three

Note if there are increased risks due to substance abuse or access to fire arms and planning ahead to reduce harm

four

Don't check in your location on social media

five

Create new holiday traditions and routines in places that are unknown to the abusive partner

six

Avoid public places where the abuser is known to frequent (holiday parades and shopping areas)