

Chesterfield Domestic Violence Task Force

Safety at Home

These are stressful times because risks to our health require many of us to stay home.

For some, staying home doesn't always feel safe because someone there may threaten or hurt you.

Your Living Space

- ⇒ Utilize separate spaces and/or times to use certain areas.
- ⇒ Try to keep a routine and activities to keep all occupied.
- ⇒ Be aware of safe rooms with locks. Which rooms have doors or windows for a quick exit? Discuss with children and other household members.
- ⇒ Try to limit time in rooms with items that could be used as weapons (kitchen, bathroom).
- ⇒ Use grocery shopping, family needs, walks or other safe activities to give you time out of the home, or as reasons to leave when you sense danger.
- ⇒ Think of a place you can go in an emergency.

Plan Ahead

- ⇒ Keep track of important items you may need in an emergency or if you leave, such as phones, money, ID, car keys, medical cards and medications.
- ⇒ Make a list of safe contacts and emergency resources. Hide the list and copies of important documents outside the home, or at a safe person's home.
- ⇒ Arrange daily check-ins or code words with those you trust.
- ⇒ Consider safety options with kids and family members.
- ⇒ Pack a go-bag of essential items, hiding it in a safe place or with a trusted person.
- ⇒ Make arrangements for pets.

If you are in immediate danger, please call 911.
You are the best judge of safety in your situation.

Take Care of Yourself

- ⇒ Be aware of triggers and tactics which might signal violence is coming, caring for yourself and your emotional needs.
- ⇒ As often as is safe to do so, connect with family and friends through phone calls, video chats and/or by meeting outside where you can practice social distancing.
- ⇒ Meditate, use mindfulness apps, or find other ways to help you moderate your reactions.
- ⇒ Talk with kids and other family members about things you can do together that help them feel safe.
- ⇒ Reach out to your faith community, if safe.
- ⇒ If you or someone else gets sick or injured, advise medical staff of dangerous situations.
- ⇒ Delete call records and internet histories showing you are seeking help. Use an internet phone service so calls aren't on your phone bill, or use devices that aren't monitored.

