



# SAFETY PLANNING:

**If you feel in immediate danger, call 911**

## **While in the Relationship**

- Know the quickest and easiest ways to get out of your home.
- Avoid the kitchen and bathroom.
- Create a code word to use with children, friends, and family.
- Back into the driveway if possible and keep car keys within reach.
- Keep phone charged and on you at all times.
- If leaving is not possible, move into the safest room of your home, avoiding hard surfaces, potential weapons, and single exit rooms.

## **When Preparing to Leave**

- Be aware that this is the most dangerous time for survivors.
- If safe, try to set aside small amounts of money.
- Keep important documents together and keep a few essential items packed and stored in a safe place.
- Identify a safe place to stay where your partner would not have easy access.
- Contact your local Domestic Violence center for personalized safety planning and /or emergency shelter.

## **Technology Safety**

- Use a device that your partner cannot access.
- Change your passwords periodically to something that could not be guessed by others.
- Set up 2-Factor Authentication when possible.
- Make sure to log out of all devices and social media when done.
- Avoid sharing location with others or on social media.

## **Reach Out for Help**

Call CASA's 24-hour hotline:  
301-739-8975

File for a Protective Order at  
the District Court or  
Washington County Sheriff's  
Department (after hours).