

# MCWVC

Montgomery County Women's Center

24-HOUR HOTLINE (936) 441-7273



*Safety Planning For  
Victims of Domestic  
Violence*

# SAFETY PLANNING FOR VICTIMS OF DV

If you feel that you, or a loved one, may be in a potentially violent relationship, it is important to plan for the safety of the person as well as children, pets, and property. A safety plan is a personalized, practical plan that includes ways to enhance safety while in a relationship, planning to leave, or after you leave.

## What is a Safety Plan?

A safety plan is a set of actions that can help lower your risk of being hurt by your partner. It includes information specific to you and your life that will increase your safety at school, home, and other places that you go on a daily basis.

## Create a Safety Plan

Although you can't control an abuser's use of violence, you can plan how you will respond to future abusive or violent incidents, prepare for the possibility of an incident happening, and plan how get to safety. It is your decision if and when you tell others that you have been abused, or that you are still at risk. Additionally, we have advocates available to assist you in creating your safety plan. Please call us at (936) 441-4044 ext23

Download: [http://www.ncdsv.org/images/dv\\_safety\\_plan.pdf](http://www.ncdsv.org/images/dv_safety_plan.pdf)

Download Safety Planning Tips (PDF)

## Technology & Safety

Technology and the Internet are powerful tools for anyone experiencing domestic violence. They can be essential resources to access help and information and valuable platforms to connect with friends, family members, advocates, and service providers. Unfortunately, they can also be used by abusive partners to begin, continue, or escalate abuse, making it all the more important to ensure your safety online. Click the following link for more information: <https://www.techsafety.org/resources-survivors>

## Pet Safety

- Protect the ones you love — all of them. Planning for your loved ones' safety means planning for the safety of your pets. While your personal safety should always be your first priority, it's important to consider how your pets fit into any plans you make to leave.
- Not only is there a significant chance that victims of domestic abuse will own a companion animal, it is also highly likely that they will be reluctant to part with their pets due to strong, familial attachments to them. It is a sobering fact that nearly 25% of battered women will remain in an abusive situation out of fear for their pet's safety, typically because they believe that their partner will harm or kill their pet.

Houston PetSet: <https://www.houstonpetset.org/pet-protect/>

Houston SPCA PetSafe: <https://houstonspca.org/animal-cruelty-rescue-services/petsafe/#>

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