

Safety planning - Covid-19

1. Buddy System Code Word

Identify at least two people that you can contact with a 'code word' to let them know if you are in trouble. Plan in advance what they should do if you send them the code word.

2. "Safest Room"

If there is an argument, identify an area of the home you can move to where there are no weapons and there are ways for you to leave the house, apartment or building, such as a door or window.

For some survivors, especially when quarantined at home with an abuser during COVID-19, no room may feel safe, so we call it the "safest rooms".

If you can at least identify the lowest risk areas, you may be able to reduce harm.

3. Planning with children

Code words: If you have children, decide how to communicate urgency with them. For example, one survivor would open her arms and her daughter knew that meant to come running for safety. Some survivors create a "code word" with their children that means they go to the "safest room" in the home that you have already decided upon.

Emergency numbers: If for some reason you are not able to make emergency calls, give your children the safety number/s if they are old enough.

4. Notify the Police before an emergency

Ahead of time, you can notify the Police of your concerns. Let them know the history and your concern of being in isolation. They will offer you support and guidance. Call: 612612 or 999 in an emergency.

5. Exit Plan

In case you need to flee, create an exit plan ahead of time with someone who could support this need. Is there a trusted friend/relative who you can stay with, if needed? Jersey Women's Refuge and the Sanctuary trust have 'safe houses' available and we will help you find alternative long term accommodation.

6. Supplies, food and medication

Check your supplies and food. If you need food and do not have money contact the Salvation Army or visit www.gov.je to link up with the community support available.

7. Emergency Bag

Pack a bag with an extra set of keys, clothes for you and your children, a pay-as-you-go mobile phone (only if possible), medications, copies of important documents including passports and driving license.

8. Important documents

Make copies or take pictures of your important documents for yourself. If you can send them to a friend or trusted person. (IDs, social security cards, birth certificates, marriage certificate, any health insurance information.

Be mindful of sending anything via phone or computer. Please use whatever method is safest for you.

9. Seeking social support

With social distancing and quarantining, survivors can feel even more isolated, and abusers may use further isolation as a power and control tactic.

Identify trusted friends, relatives or online support groups where you can still connect virtually.

If you have a friend who may be experiencing abuse, be sure to reach out to them even more during this time.

10. Create a 'peaceful space'

If you cannot leave your home, try to create a 'peaceful space' for yourself in the home (if that is safe for you).

You can draw pictures of a more peaceful place and put them on a wall to help you take an emotional break to visualise a more peaceful place. This is also an activity you can do with your children. You could also write positive affirmations and put them up on the wall to remind yourself of your worth.

11. Holding onto your plan

Consider keeping a list of your safety plan in your phone or wherever may be safe for you. Please consider what is safest for you. If you choose to write your plan somewhere, consider listing only key words that help you remember the plan, but that would not be clear to the abuser. If this is not safe, try to memorise your plan, focusing on memorising at least one key emergency number on your list of resources.

For more information, advice and support please contact us on Tel: 01534 880505 via our website www.idas.je email idas@gov.je or on Facebook, Twitter or Instagram.

