

SOME TIPS FOR WHEN STAYING HOME ISN'T THE SAFEST



Many survivors are navigating a difficult reality: staying home to keep themselves and their community safe may keep them isolated with the person(s) causing them harm.

If you're unsafe, remember you don't have to go at it alone. AVP is here to help you navigate options and find resources.

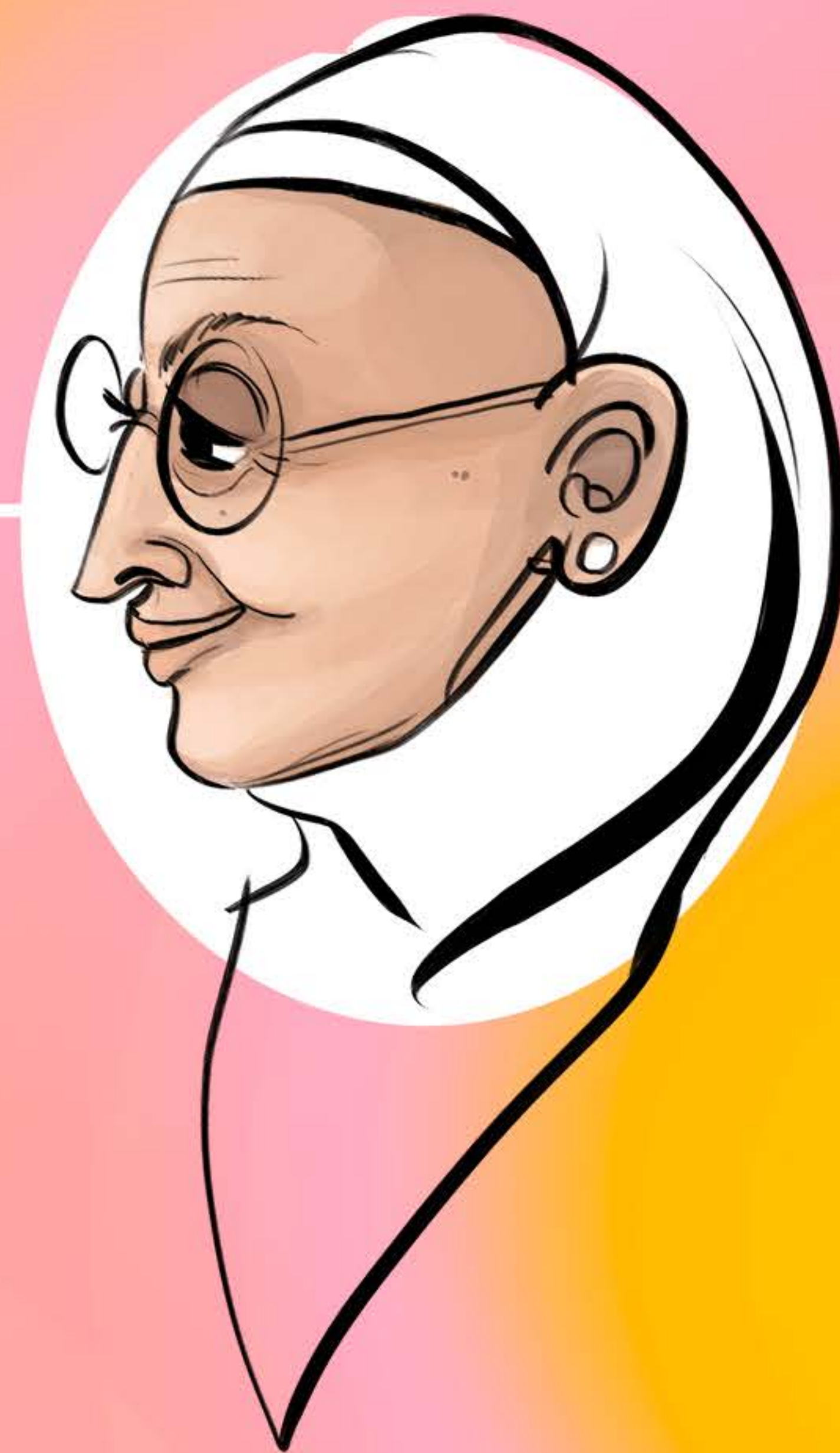
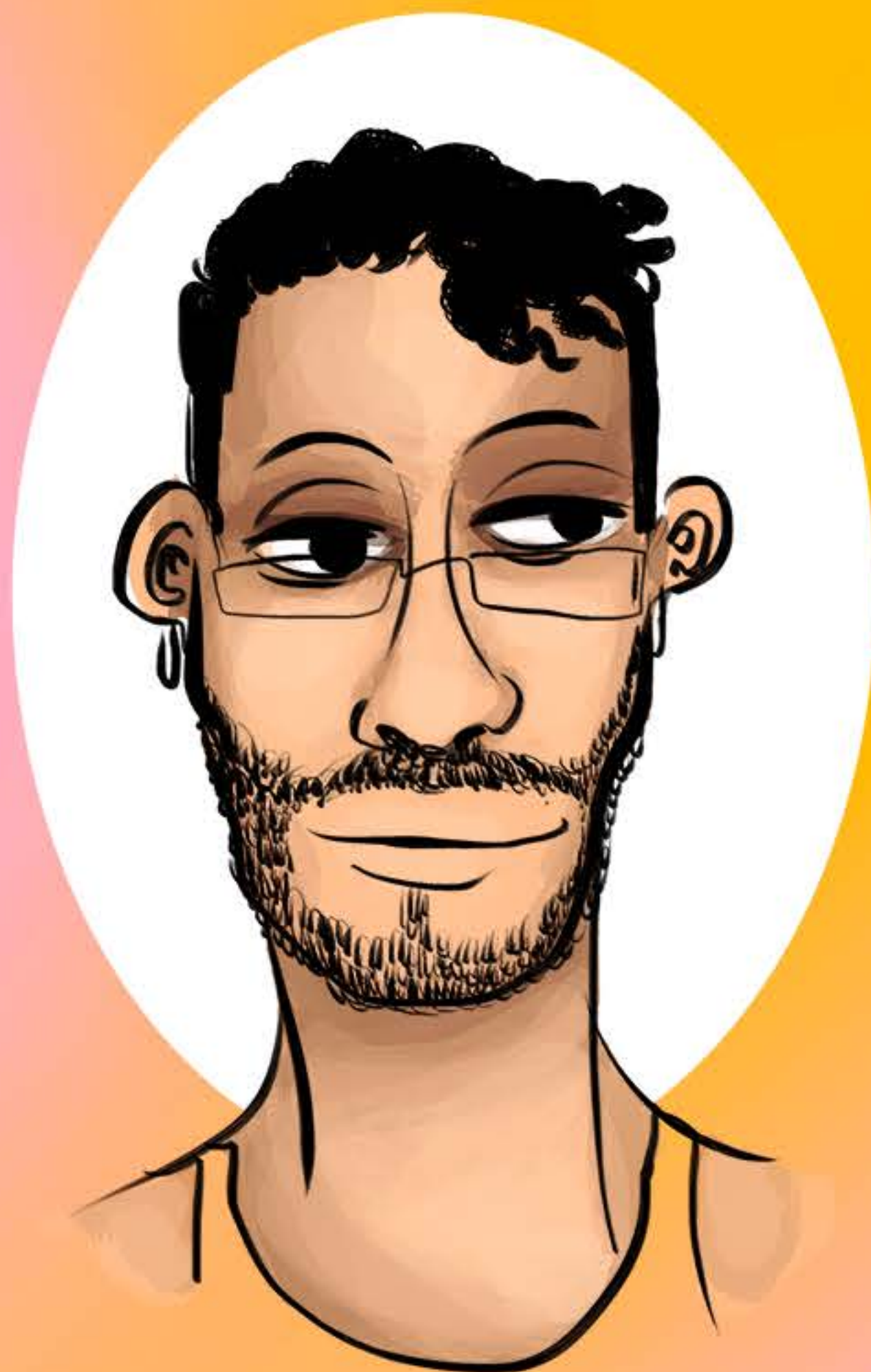


An illustration of a woman with brown hair and glasses, wearing a blue tank top, talking on an orange smartphone. She is standing in a bathroom, with a sink and a running faucet visible in the background. A green vine with leaves is on the left side of the frame. The background is a gradient of yellow and purple.

GOING TO THE BATHROOM CAN PROVIDE AN ADDED LAYER OF PRIVACY

If you are on the phone
and unattended, you can run
the shower or faucet to make
some noise during the call if you
need to and feel comfortable
doing so.

**IDENTIFY YOUR POD,
YOUR NETWORK OF PEOPLE
IN YOUR BUILDING OR
DIGITAL COMMUNITY, FOR
CONTINUED SUPPORT**



**Create a code
word/sentence with
people in your support
network to indicate
that you need an
immediate interruption
or immediate help.**

**Create scheduled
check-ins with people
in your support
network.**





**HIDE SOME OF
YOUR RESOURCES
IN SAFE PLACES
& CREATE A
PLAN**



Think about the easiest
and safest routes for
you to get out of your
home quickly.

Stash a portion of your
medication, money, drugs,
or food that you can take
with you if you leave, or
can access on your
own time.

Keep your ID
on you as much
as possible.



A stylized illustration of a person with dark skin and short black hair, wearing a light purple face mask and a teal shirt. They are holding a large white flower with green leaves. A thought bubble is visible in the upper right corner. The background is a soft gradient of purple, pink, and yellow.

**YOU CAN STILL
GO OUTSIDE. GO
FOR WALKS WHILE
MAINTAINING
PHYSICAL DISTANCE**

**This can remove you
from and/or deescalate
an unsafe situation or
interaction.**

**Take this time to ground
yourself, call a social
support, reach out to
a hotline, or have a
counseling session.**

***WE UNDERSTAND NOT
ALL OF THESE TIPS WILL
WORK FOR, OR APPLY TO,
EVERYONE.***

**Ultimately, AVP believes survivors
know what they need, and we trust you
to use the strategies and tools that
work best for you.**

**Please remember that you don't have
to go it alone, and we are here for you,
to listen, to create a personalized
safety plan, or for other support at
212-714-1141.**

