

Tips For Survivors of Intimate Partner Violence (IPV)

What to consider during COVID-19

- Limit exposure to social media and news sources. Continuous exposure to COVID-19-related news can increase stress.
- [Self-care](#) can be difficult for many people to practice, especially when individuals feel they are not love-worthy. Learning to think, feel, and behave in ways that promote physical, emotional, social, and spiritual well-being is not selfish. Rather, self-care involves the wise stewarding of our mind, body, and soul.
- Develop a [safety plan](#) to minimize the risk of harm by a partner who abuses. While no room in your home may feel safe, identify the “safest room” where there are no weapons and you are able to leave through a door or window if possible.
- Because isolation is a common aspect of abusive relationships, develop ways to increase connection with others. Identify two individuals who you can communicate with using 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.
- IPV shelters are open. However, shelters may have limited availability due to COVID-19; consider thinking of a few trusted friends/relatives who you could stay with in case of danger.
- Faith practices like [journaling prayers](#) can be helpful. Research has demonstrated that physically writing down thoughts and feelings can assist to reduce both stress and anxiety.
- Be mindful of how and when you are communicating with others. Consider when phone calls or online support are a safer option for you, and learn more at www.techsafety.org and other websites listed in additional resources.

ADDITIONAL RESOURCES

National Network to End Domestic Violence:

<https://nncdv.org/>

Futures without Violence:

<https://www.futureswithoutviolence.org/>

National Resource Center on Domestic Violence:

<https://www.nrcdv.org/>

National Domestic Violence Hotline:

1-800-799-7233 (text or call)

IPV SURVIVOR TOOLBOX

Assess

- [Am I Experiencing Abuse?](#)
- [Safety Risk Assessment*](#)

*10 or more “yes” answers is of concern

Prepare

- [How to Create a Safety Plan with Additional Risks due to COVID-19](#)
- [Interactive Guide to Safety Planning](#)

Plan for Safety

- [Technology Safety Plan: A Guide for Survivors and Advocates](#)
- [Quick Tips on Safe Communication](#)
- [Technology Safety & Privacy: A Toolkit for Survivors](#)
- [List of personal safety apps reviewed by the Safety Net team](#)

Every link (except Safety Risk Assessment) provided in this resource box has a “quick escape/exit” button at the top or bottom of their webpages for digital safety purposes. When individuals feel unsafe, they can quickly click and switch to another website. Clicking on the escape button will not erase website URLs from browser history.

In an emergency, call 911. Frequent and/or escalated physical violence are strong indicators of an emergency.