Sample Harm Reduction Strategies

- **Primary Care:**
  - Follow-up visits
  - Medication adherence
  - Exercise plan
  - Planning for sleep
  - Safety plan for accessing health
  - Discussions around substance dependency

- **Adolescent Health:**
  - Anticipatory guidance on healthy relationships
  - Anticipatory guidance on safe and consensual sex
  - Alternate birth control (IUD, implant, or shot/injection)
  - Emergency contraception
  - Regular STI testing
  - Safer partner notification for STIs
  - School-based health:
    - Safety plan at school (i.e. class schedule)

- **Mental Health:**
  - Address connection between depression and abuse
  - Physical exercise
  - Meditation/yoga
  - Medication adherence
  - Safety plan for accessing health
  - Discussions around substance dependency

- **Reproductive health:**
  - Alternate birth control (IUD, implant, or shot/injection)
  - Emergency contraception
  - Regular STI testing
  - Safer partner notification for STIs

- **HIV Testing and Care:**
  - Condom negotiation
  - Using PrEP
  - Safer partner notification
  - Deferral of partner notification
  - Ensuring confidentiality

- **Urgent Care/Emergency Department:**
  - Safety plan
  - Lethality assessment

*This document was developed by the National Health Resource Center on Domestic Violence, a project of Futures Without Violence. For more tools visit: [www.IPVhealthpartners.org](http://www.IPVhealthpartners.org)*