

Safety Planning

Even in an unsafe or stressful household during COVID-19, there are things we can do to keep ourselves safe. Here are some possible strategies:

- ❖ Identify safe spaces in your home where you can go if there is an argument
- ❖ If you have children, share emergency numbers with them
- ❖ Pack an emergency bag with cash, medication, keys, and a pay-as-you-go phone
- ❖ Create copies of important documents and send to a friend
- ❖ Create an exit plan in case you have to leave unexpectedly

Things to Remember

Sometimes we are told things about ourselves that aren't true by family, friends, or partners. We may be blamed or insulted or told that what is happening is our fault. But please remember:

- ✔ It is never your fault if you are being hurt by someone you love
- ✔ You deserve to feel safe, respected, and loved
- ✔ Help is available and there are many people who care

The next panel lists resources that may be helpful if you need someone to talk to.

Contact these numbers for help with mental health, relationships, safety, & food, financial, and housing needs.



Day One 24/7 Hotline for relationship safety: Call 1-866-223-1111 or text 612.399.9995.

Visit www.mnhealthcenters.org to find information about health centers & healthcare.

United Way 211 for assistance with basic needs: Call 211.

MN Food HelpLine for food support: Call 1-888-711-1151.



Healthy Relationships

During a public health crisis, strong and safe relationships are so vital. Some aspects of a safe relationship include:

- ✓ Healthy communication and compromise
- ✓ Space to spend time together and apart
- ✓ The ability to see and talk to friends and family
- ✓ Equal decision-making

Unhealthy Relationships

COVID-19 has made things harder for everyone. While we are stuck at home, stress can cause relationships to get harder too. Some unhealthy things that might happen in a relationship include:

- ✓ Name-calling, violence, or insults
- ✓ Controlling a partner's money or social life
- ✓ Making or asking someone to do sexual things they don't want to do in exchange for food, money, or housing

Privacy at Home

During a public health crisis, we may need increased privacy while we are spending more time at home. If you need to take a telehealth visit, hotline call, or other appointment without a partner hearing, consider using one of the following spaces or texting if it's safe:

- ✓ Backyard
- ✓ Your garage or vehicle
- ✓ A park
- ✓ Another room

Online Safety

As we spend more time online during this crisis, we may be exposed to additional dangers. Here are some things you can do to stay safe:

- ✓ Check your devices and settings for connected accounts
- ✓ Protect your location services if it's safe to do so
- ✓ Document evidence of stalking or harassment
- ✓ Consider using a safer device if possible
- ✓ Delete your browser history