

KEY TAKEAWAYS FOR SAFETY PLANNING

- Safety planning is a collaborative process aimed at empowering survivors and reducing the risk of further harm. Safety planning focuses on all types of safety (e.g., physical, emotional, psychological, technological) and involves addressing both practical and logistical concerns as well as emotional and psychological responses (where appropriate)
- Adopting a harm reduction approach to safety planning can help meet survivors where they are at, acknowledge barriers, and encourage agency and survivors' own expertise in their life; it can also help us surface barriers related to access, power, and risk
- Safety planning is an interactive, ongoing process that involves exploring effective and realistic coping strategies, support networks, and resources
- It is important to practice empathy, understanding, and active listening while supporting survivors with safety planning to validate and encourage them to participate in the safety planning process

RAINN'S RESOURCES

National Sexual Assault Hotline:

Free | Confidential | Anonymous

Available 24/7 in English and Spanish to anyone affected by sexual violence in any way.

- **Call:** (800) 656-HOPE (4673)
- **Chat:** hotline.rainn.org
- **Text:** Text "HOPE" to 64673
- **Website:** www.rainn.org

Department of Defense Safe Helpline:

Free | Confidential | Anonymous

Available 24/7 in English and Spanish to service members and their loved ones affected by sexual violence.

- **Call:** (877) 995-5247
- **Chat:** online.safehelpline.org
- **Website:** <http://www.safehelpline.org>

Find a local sexual assault service provider: <https://centers.rainn.org/>

Learn more about laws in your state: <https://apps.rainn.org/policy/>

ABOUT RAINN CONSULTING GROUP

RAINN Consulting Group helps organizations move beyond compliance and address their needs related to prevention of and response to sexual misconduct within their community. We are available to support your organization in these efforts through trauma-informed products and services including:

- Training and educational support
- Development and/or review of policies and protocols
- Client-branded crisis, reporting, and therapy fund hotlines
- Establishment of internal sexual misconduct response teams
- Professional development for response staff
- Strategic planning for organizational leaders

To learn more and explore how we can assist, please reach out to RAINN Consulting Group at consulting@rainn.org.

SAFETY PLANNING RESOURCES

- **Cyber Civil Rights Initiative** (<https://cybercivilrights.org/>)
- **End Tech Enabled Abuse** (<https://www.endtab.org/>)
- **National Domestic Violence Hotline** (<https://www.thehotline.org/>)
- **Privacy4Cars** (<https://privacy4cars.com/>)
- **Safety Net Project** (<https://www.techsafety.org/>)
- **Stalking Prevention, Awareness, & Resource Center** (<https://www.stalkingawareness.org/>)
- **Victim Rights Law Center** (<https://victimrights.org/>)
- **WomensLaw.org** (<http://WomensLaw.org>)
- **Workplaces Respond to Domestic and Sexual Violence** (<https://workplacesrespond.org/>)