



Office of the Solicitor General Gwinnett County, Georgia

Domestic Violence Safety Tips

Domestic violence can happen to anyone. If you or someone you know is in an abusive situation, safety planning is essential. These tips can help protect you and your loved ones:

1. Recognize the Warning Signs

- Abuse can be physical, emotional, financial, or sexual.
- Look for patterns of controlling behavior, threats, or violence.

2. Plan for Your Safety

- Identify a safe place to go, such as a trusted friend's house or a shelter.
- Keep a list of emergency contacts and know local hotlines for help.

3. Pack an Emergency Bag

- Include essentials like identification, keys, medications, money, and important documents.
- Store it somewhere safe, like at a friend's house or hidden in your home.

4. Use a Code Word

- Set up a code word with trusted friends or family to signal that you need help.
- Make sure they know what to do when they hear it.

5. Stay Connected

- Always keep your phone charged and accessible.
- Share your location with someone you trust if you're leaving a dangerous situation.

6. Protect Your Digital Privacy

- Use a safe device to look up resources or communicate with others.
- Change passwords often and use private browsing if you fear being monitored.

7. Know the Emergency Steps

- Call 911 if you are in immediate danger.
- Teach your children how to call for help, if necessary.

8. Document Evidence

- Keep a record of incidents, including dates, injuries, and threats.
- Store photos, recordings, or other evidence in a safe place.

9. Utilize Support Services

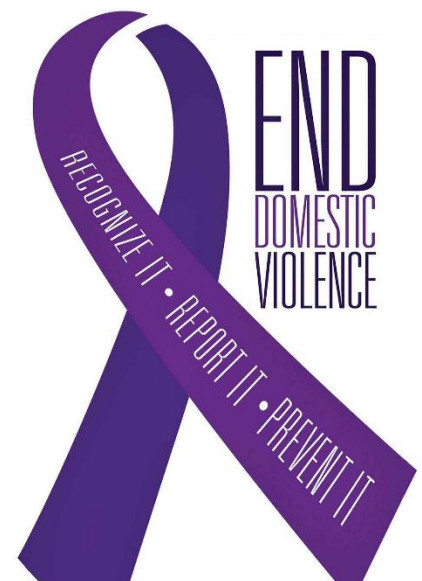
- Contact local domestic violence shelters or hotlines for assistance.
- They can help with housing, legal support, and emotional counseling.

10. Trust Your Instincts

- If you feel unsafe, take action immediately.
- Your safety and well-being are the priority.

Resources for Help

- **National Domestic Violence Hotline:** 1-800-799-SAFE (7233)
- **Text "START" to 88788**
- **Website:** www.thehotline.org



Remember, you are not alone. Help is available, and taking steps to protect yourself is an act of strength. **You deserve to feel safe.**