



SafeNest

There's no place like home
for the holidays...

**EXCEPT if
you live in a violent home, then
home for the holidays can mean:**

- **Increased Financial Pressure**
 - **Increased Alcohol & Drug Consumption**
- **Increased Family Pressures & Conflict**
- **Increased Contact with the Abuser who may be taking time off from work**

**Domestic violence doesn't stop
for the holidays.**

If you or a loved one is experiencing domestic violence, please consider the following tips for safety planning this holiday season for victims, survivors, family, and friends.

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Victims & Survivors

Speed Dial

Put the right numbers on speed dial. If you have a mobile phone, put the following numbers on speed dial/in your address book:

- SafeNest 24/7 Crisis Hotline
702-646-4981
- Local Metro Police -- 911
- Number of a of a close friend, co-worker or family member who can be on standby to get you out of the situation or act as witness.

“Safe” Word

Have a ‘Safe’ word/phrase. In violent or emergency situations, you may not be able to text or say much. Have an agreed ‘safe’ word or phrase with your close friend/co-worker or family member who agrees to have their phone on standby to receive any emergency calls/texts. Keep it short and simple.

Safety Apps

Download a safety app. If you have a smart phone, consider downloading a safety app, like Aspire, many of which have been designed to automatically alert your support network if you are in danger.

Always Have Your Phone

Keep your phone (and some money) on you at all times. You will never know when a situation might escalate. Try to keep your phone with you, especially if you know you might be alone with your abuser. Also have cash in hand in case you need to leave in a hurry.

Find a Friend

Arrange for an ally in advance. If you are going to spend the holiday season with extended family and have a friend or relative who you can trust, reach out in advance to ask him or her for support and intervention should a situation turn violent.

Have an Audience

Use holiday visits to extended family and friends as a chance to minimize being alone with your abuser. At best, being in company will keep the violence in check. At worst, if violence does happen, it will be in public and you may have others stepping in to intervene.

Defuse

Defuse it. Walking away from a potentially explosive situation may help temporarily alleviate the abuse. Plan ahead with an ally (a friend or family member who will be with you for the holidays and who will support you) to interfere or distract your abuser.

Escape Plan

Have an escape plan. When you are away in a household that is not your own, quietly check out all possible escape routes in the house itself. Better yet, take time to set up a plan of escape including the numbers of people willing to help you get away.

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Friends & Family of Victims & Survivors

Be on Standby

If you suspect your friend or family member is suffering from domestic violence, offer to be on standby for text or call through the holiday season. Have your phone on and fully charged at all times and keep it on you. If you have a car and need to intervene immediately, make sure that the gas tank is full.

Plan Ahead

Have an intervention plan. Work out a plan to get an intervention operation in action – have the following numbers on standby for your use:

- SafeNest 24/7 Crisis Hotline -- 702-646-4981
- Local Metro Police -- 911

Partner Up

Get a partner. Intervening with domestic violence situations can be dangerous especially if the abuser has a weapon. If you are unable to get help from the local shelter or police, make sure to bring another friend or family member along when you respond to the victim/survivor's call in person.

Ring the Bell

Ring the bell. If you are the neighbor of a family experiencing domestic violence, please take the time to ring the doorbell or knock on the door when you hear a violent situation happening. You could use the old neighborly approach of asking to borrow a cup of sugar or some milk as an excuse. If you feel that it could get dangerous, call 911.

Be the Back-Up

Be the back-up. If your friend, colleague or family member is experiencing domestic violence at home and there is a good chance that they will face abuse over the holiday season, let them know that you will be willing to be a witness or to intervene on their behalf while you are around. Also let them know that they are welcome to take refuge in your home should they need somewhere to go.

Escape Plan

Be part of the plan. If a victim/survivor approaches you with a plan to escape his/her abuser during the holiday season, agree to do so and be on standby to help and support when the time comes to put the plan into action.

Acts of Kindness

Provide some relief. If you know a domestic violence victim/survivor who is being kept at home without relief during the holiday season, practice a random act of kindness. Offer to babysit the children for a few hours while the abuser is out so he or she can have a breather; Send over some small festive goodies such as cookies, candy or something else traditional with a kind note; offer to pick up groceries.

Don't be a Stranger

Check in regularly. If you fear for your friend or family member's life over the holiday season, call or text once a day at a random time to check in. If it's your neighbor, keep an eye out on the house for any signs or sounds of violence.

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