Safety Planning Differences

Domestic Violence

Focus safety planning on anticipating the actions of the abuser, looking at dangers, recognizing that abusers shift their tactics, adaptable, exploring options, considerations for children, putting in place strategies to protect, to inform, support, and to escape.

Sexual Assault

Focus safety planning on knowing community resources, normalizing potential responses and triggers, creating a sense of safety within themselves and within their personal space as well as anticipating dangers that may result from the perpetrator.

Dating Violence

Many people minimize the seriousness of the abuse safety planning will need to make sure supports will believe the victim. Social media and social community can be used to vilify the victim and further isolate, with possible retaliation.

Stalking

Stalking may not be the result of an intimate relationship. The abuser may not have had a relationship but is infatuated/obsessed with the person being stalked. Documentation is critical to demonstrate the existence and extent of the stalking.