

# Safety Planning for Survivors living with their abuser in self-isolation

## This document is for:

- Anyone currently in self-isolation and living with or worried about an abusive partner
- Line managers, colleagues or friends of someone who is living with an abusive partner

## Things to think about...

If you're having a conversation with a friend who is experiencing abuse, ask them to think about the following questions. Or, if you're living with an abusive partner, ask yourself these questions:

- What is their usual pattern of abuse? Is it worse when kids are around? Or when they're not around?
- What are your major concerns? What do you think are the risks and what are you scared about the most?
- Will not working be a compounding factor? For example are you likely to experience financial abuse, or are they likely to turn to substance abuse?
- What will be their likely response to self-isolation? Will this increase the sexual violence / coercive control / degradation that you experience?
- If their abuse does escalate, how can the people supporting you measure and be guided by this with you?
- Do you think they have software on your IT? Listening devices? Cameras in the home etc.? If so please use [Aurora Stalking services](#) for stalking advice and safety planning.

## Ideas for safety:

- Can you still get out of the house, as per normal safety plan, if they kick off?
- Since many shops and restaurants or pubs are shut plan for where you can run to or hide (for example, a neighbour, taxi rank or local park) and then call police
- Have a bag packed ready to flee and try and get this taken to a friend, family member or neighbour's place
- Have a code word or sign for if you are in danger – set this up with family and friends to let them know by text, Facetime or Skype. The code will alert them to contact the police if you are in danger and need to get out.
- Teach the above code to age-appropriate children.
- Have money ready to flee. If necessary, Aurora New Dawn can support with this
- Do you need another safe mobile? Some charities are able to help with this.

- Think about how you might be able to call supportive friends or family: for example, use the fact that online shopping is very limited to go to the shops or a public toilet and make a call when alone.
- Could you use a family member (someone vulnerable) as an excuse to self-isolate at their house without the person abusing you?
- Have the number of a domestic violence support service ready and call them anytime – save this on your phone under a different contact name to keep it safe.

### National helplines

- National DVA helpline 0808 2000 247
- National Stalking helpline – 0808 802 0330
- If you need to, you can make a silent call to the police. Dial 999 – then 55 if you can't talk – see [here](#). DO NOT HESITATE TO CONTACT THE POLICE ON 999 in an emergency.
- [WomensAid](#): plenty of online ways to access support and links to local services where you are.
- [Refuge](#): likewise a source of support and advice including links to local services if you need them.
- [The Male Survivors Partnership](#) – for men experiencing domestic abuse: 0808 800 5005
- [The Mankind Initiative](#) – an alternative helpline for men being abused by a current or former partner: 01823 334244
- [GALOP](#) – for support for LGBT people experiencing abuse: 0800 999 5428

Information provided by **Aurora New Dawn**.