

Because I deserve to feel safer in my life & in my body

SAFETY PLANNING

The burden of our safety should not be ours alone. It is okay to plan for your safety, plan for your triggers, have an escape plan and ask for help from friends, family and service providers.



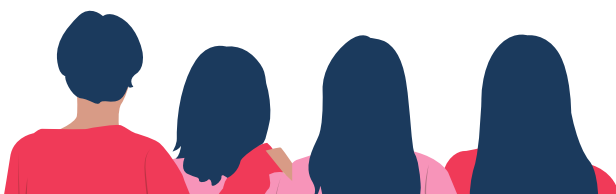
WHERE IN MY LIFE DO I
FEEL I NEED SAFETY
PLANNING



WHAT CAN I DO TO MAKE
THIS SAFER FOR ME?



WHO CAN I ASK TO HELP
ME?



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EXAMPLE OF SAFETY PLANNING



WHERE IN MY LIFE DO I
FEEL I NEED SAFETY
PLANNING

I am feeling scared to go to my usual spots because I feel like this guy I had a bad date with wont stop following me or showing up without my consent



WHAT CAN I DO TO MAKE
THIS SAFER FOR ME?

- I am going to text a friend my location and ask them to check in on me by calling me when I have to go to this location (gym, work etc)
- I am going to document all the dates and times he shows up without consent
- I am going to change my gym location to a new one and ask them to call be by a different name
- I am going to get a VPN to block my IP address



WHO CAN I ASK TO HELP
ME?

- I am going to call the police if I feel the behaviour is increasing or I am afraid for my life. My friend will come with me and before I report I will call a crisis line or service to get information about my rights and options
- I am going to find a therapist to help me cope/heal/manage my triggers and trauma from this
- I am going to talk to my friends and family about this
- I am going to ask _____ to check in on me every monday for 1 hour so we can talk about my safety planning

NOTES AND THOUGHTS:

- I am triggered by _____ and therefore I need _____ to help soothe me, make me feel safer in that moment.
- I need to make time for myself everyday to _____ which helps me feel safe
- I need to reach out when I feel _____ because I matter and there are people who believe me and want to help
- I want to do _____ to make myself feel safer in my body or space at home



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Emergency Resources

24 Hour Help & Crisis Lines

Assaulted Women's Hotline — 1-866-863-0511

Distress Line — 416-408-4357 — if you are in crisis, feeling suicidal or in need of emotional support.

Good2Talk — 1-866-925-5454 — for post-secondary students.

Talk4Healing — 1 855-554-4325 — for Indigenous women available in 14 languages all across Ontario.

Trans Lifeline Hotline — 1-877-330-6366 — staffed by transgender people for transgender people.

Support Service for Male Survivors of Sexual Assault — 1-888-887-0015.

Fem'aide — 1-877-336-2433 — French crisis hotline.

Francophone support- for French-language sexual assault centres in Ontario visit [Action ontarienne contre la violence faite aux femmes](#).

[Sheltersafe.ca \(find shelter and transitional housing here\)](#)

[Toronto Police Service: A Guide for Sexual Assault Survivors \(more languages available at the bottom of this page\)](#)

[Women's College Hospital: SA/DVCC Care Package](#)



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Tools & Supports from the Dandelion

Visit our website for different survivor centred tools

<https://www.dandelioninitiative.ca/resources>

Safety Planning Toolkit that provides a step by step for how to safety plan if you are living in violence, thinking of leaving and more.

Survivor-Centred Digital Best Practices: For Online Workshops, Groups, and Gatherings

Signalling for Emergencies: Using the Signal for Help During Online Workshops, Groups, and Gatherings

Digital safety for women/feminized people

Safety Planning tool for survivors living at home with violence

Resource book with over 250+ survivor centred services here

Safety planning for women and feminized people in public spaces

Peer support by survivors for survivors

Justice & Accountability in the workplace- what can I do if I am safety planning around an employer, a co-worker, someone who I am in community with through an organization?



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AFFIRMATIONS & COPING SKILLS SMALL ACTIVITY



List one to three things you really like about yourself?



Draw or write something down that brings you joy, hold onto this.

List one to three things that you do to cope or manage feelings/trauma/triggers ? (examples: music, therapy, breathe etc)

Say something nice to yourself or draw yourself a little note to say thank you.



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