

## SAFETY PLAN TIPS

*Community is the Solution to nearly all dangerous situations in both immediate action and response.*

- **Stay In Touch** – Let someone know your whereabouts.
- **Trust Your Instincts** – If a situation feels unsafe, inform others, and leave.
- **Stay Aware** – of the emotional and physical wellbeing of yourself and others in any shared space.
- **Travel In Groups** – for both physical and moral support
- **Plan Your Route** – Know safe places nearby (friendly businesses & households).
- **Brief & Debrief with Safe People** – preceding and following emotionally intense situations.

## MENTAL HEALTH & SELF-CARE

- **Check In With Yourself** Often and meet your immediate needs.
- **Create an Emotional Safety Routine** – Develop grounded, intentional and consistent practices that are a non-negotiable part of your days.
- **Limit News/Social Media** – Set boundaries around when and how you stay informed.
- **Move Your Body** – To release trapped emotion.
- **Connect** – Find affirming spaces and people and gather regularly outside of activism. Share resources & stay linked.
- **Small Doable Actions** – Do what you can exactly where you are right now.

## DOCUMENTATION & REPORTING

- **Document Encounters** – dates, times, locations, badge names/numbers, vehicles and what was said or done. Record video if it is safe and legal to do so.
- **Center Consent and Safety** – Do not pressure someone, especially vulnerable populations, to report or participate in acts of resistance.
- **Preserve evidence** – save photos, videos, and voice recordings in a secure place or cloud.
- **Report to Trusted Organizations** – Consider LGBTQ+-affirming legal orgs, immigrant rights groups, or community rapid response networks—not just law enforcement.
- **Protect Privacy**– Avoid sharing names, faces, or details publicly without explicit consent

## EMERGENCY ESCAPE



- **Carry Essentials** – IDs, cash, phone charger, meds, snacks/water, etc.
- **Safe Contacts** – Have a list of people in a variety of places whom you can stay with or receive help from.
- **Pack A Go-Bag** – Include IDs, medication, clothes, and important documents.
- **Transportation** – Identify ways to leave (bus, train, ride-share, trusted friend).
- **Have Alt Forms of Communication & Meeting Places** – in case of loss of contact
- **Legal Help** – Know your rights; contact local ACLU for information.

*We're not scared, we're prepared*

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## BEING AN UPSTANDER

• **Lead with Safety** – Assess for safety and warn others of red flags. Do not escalate conflicts where people are at risk of harm

• **Support targets of harm** – Let a victim know you are there. Offer reassurance, validation, or offer logistical support through childcare, transportation, or communicating on behalf of the victim

• **Protect knowledge and information**

– Do not share info to authorities & respect confidentiality of others.

• **Model Allyship**– In day to day life, show respect, inclusion, and fairness in your own actions and do not justify or condone the cruelty of others. Signal safety to others with symbols, stickers, or pins identifying you as a safe person

## ☎ LINES OF CONTACT ☎

Suicide and Crisis Lifeline *Call or Text 988*

ACLU General Inquiries *888-567-2258 (ACLU)*

Immigrant Legal Aid *617-988-0606*

Report a Raid Hotline *844-363-1423 Text 877877*

LGBTQ+ National Hotline *888-843-4564*

Trevor Project (LGBTQ+ Youth) *1-866-488-7386 text "start" to 678-678*

My Emergency Contacts \_\_\_\_\_

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## DE-ESCALATION TOOLS

### Regulating Yourself:

• **If Dissociated (numb, out of body)** use safe sensation to return to your body

(pressure, temperature changes, smells, music, naming what you see)

• **If activated (fight, flight)** move to release energy (rocking, shaking, stretching, running, dancing, etc.)

• **If Vigilant (on edge, irritable, jumpy, anxious)** acts of self-compassion, routine & ritual, emotional expression.

### Regulating Others:

• **Keep your voice calm, slow and even**

• **Use slow movements and talk to people on their level of height**

• **Validate the experience prior to problem solving ("I see you are scared")**

## SUPPORT & RESOURCES GUIDE



For More Info/Safety Plan Cards:  
[www.EmpoweringCourage.org](http://www.EmpoweringCourage.org)

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