



BREATHE

BE GENTLE
WITH
YOURSELF

SELF CARE
CHECK POINT

Safety is not linear, and there is no one definition. It means something different to each survivor.

In keeping with the cyclic shape of this graphic, though, safety from IPV tends to mean being able to safely escape the cycle of abuse.

Safety plans are multifaceted. For queer and trans survivors, there are new variables to consider, given the unique queer/trans-related abuse tactics that a harm doer employs or escalates if a survivor tries to leave.

This graphic is designed to leave the definition of - and pathway to get to - safety as open ended and culturally affirming as possible. The labyrinth/tile motif is meant to symbolize the non-linear nature of pursuing safety, and the often necessary re-navigation and re-directing during a safety plan.

This document is a starting point. Many safety plans can be long and overwhelming. The survivor may not feel ready to engage in a comprehensive safety planning process, but they may be ready to start defining 'tiles' in their personal pathway to safety.

Survivors can write on the tiles, or draw if that feels better to them. The margins and the back of the sheet could be helpful places to write notes during more comprehensive safety planning sessions.

Some of those 'tiles' may include access to hormones and gender-affirming apparel, contact info for key folks in their chosen family support network, ways to respond if a harm doer outs a queer or trans survivor to their family, supplementary methods of income, access to gender-affirming court documents and IDs, and countless more.