

# Creating a Safety Plan when you're LGBTQ+

A safety plan is a set of actions and pieces of information that can help lower your risk of being hurt by a partner. It includes information specific to you and your life that will increase your safety at work, home, and other places you visit frequently.

Safety plans are unique to everyone. Some elements to consider when making your own or helping someone plan include:

**Gathering  
Important  
Documents**




**Financial Planning**



**Exit Routes**





**LGBTQ+ survivors may have additional barriers to consider for an escape plan:**

**Access to hormones, binders, and other gender affirming care**

**The possibility of their abuser outing them after they leave**

**Locating LGBTQ+ Friendly Shelters**

**Misgendering, deadnaming, etc. when receiving support services**



**Laurel House**   
*Working to End  
Domestic Violence*

Some things to remember when considering if you need an escape plan:



Abusers almost always commit abusive acts more than once.



Even people you don't know that well can become critical allies.



What happened to you is not your fault.