



I Am What I Am
— MINISTRY —
www.iamwhatiam.org

SAFETY AND DECISION MAKING

A Practical Guide to Planning Ahead and Protecting What Matters Most

MAJOR SECTIONS OVERVIEW

Wise preparation today can help create safety, clarity, and hope for tomorrow.

You are not alone. There is help. There is hope.



*Not Defined by Trauma.
Restored by Grace.*

1 UNDERSTANDING SAFETY



Explore what safety means, why it matters, and how abuse affects safety for survivors and their children.

2 SAFETY PLANNING FUNDAMENTALS



Learn how safety planning works, why it is important, and how to create a plan that fits your unique situation.

3 CREATING YOUR SAFETY PLAN



Step-by-step guidance to build a personalized safety plan for different situations and environments.

4 PROTECTING CHILDREN AND LOVED ONES



Considerations for keeping children safe, reducing their stress, and helping them feel secure during uncertain times.

5 DOCUMENTATION AND PREPARATION



Learn what documentation may be helpful and how to organize important information for future needs.

6 DIGITAL SAFETY AND ONLINE CONCERNS



Understand digital risks, safety tips, and ways to protect your privacy and online security.

7 FINANCIAL SAFETY AND INDEPENDENCE



Practical steps to help you strengthen financial stability and prepare for a more independent future.

8 WHERE TO FIND HELP AND SUPPORT



Discover local and national resources, hotlines, shelters, counseling, legal help, and community support.

9 PROTECTIVE ORDERS AND LEGAL PROTECTIONS



Understand your legal options, protective orders, and the importance of seeking informed legal guidance.

10 DECISION MAKING AND WISE COUNSEL



Learn how to make thoughtful decisions, seek wise counsel, and take small steps toward a safer future.

You Are Important.



Your safety matters. Your voice matters.
You are worthy of respect, peace, and a future filled with hope.

Take one step at a time. You are not alone.

NEED HELP NOW?



If you are in immediate danger, call 911 or your local emergency services.



National Domestic Violence Hotline
800-799-SAFE (7233)
Text **START** to 88788
www.thehotline.org

YOU DON'T HAVE TO WALK THIS JOURNEY ALONE.

Support is available.
Hope is possible.
Healing is real.



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