



Risk Assessment Project Safety Planning Tools

Barbra Schlifer Commemorative Clinic’s Risk Assessment project developed this list of safety planning tools and resources and draws upon various sources from across Canada and internationally. Given that safety planning best practices will continue to evolve, the contents of this document will be updated as needed. A total of 59 sources were used to compile this resource list.

The Clinic’s Risk Assessment project builds a blueprint for risk assessment and safety frameworks founded on a trauma-informed approach. It considers the intersecting identity factors for Indigenous women, Black women, racialized women, immigrant and refugee women, women with precarious immigration status, women with disabilities, LGBTQ2S+ and gender-diverse survivors who are more at risk of gender-based violence.

Included is a list of safety planning for specific populations as well as articles related to each one of them. The experiences of these groups have not always been considered in the design and implementation of “standard” safety planning tools. An intersectional approach can help ensure that the needs of all survivors are considered in planning for safety from Gender-Based Violence.

Safety planning with Indigenous women, girls, and gender-diverse people

[You are Not Alone a Toolkit for Indigenous women, girls, and gender-diverse people escaping domestic violence: Native Women’s Association of Canada](#)

The toolkit covers types of domestic violence, how to identify domestic violence, early signs, community safety planning, self-care, self-esteem tips and exercises, healthy relationship education, and survivors’ histories.

<https://www.nwac.ca/wp-content/uploads/2018/09/2018-Yana-Handbook-English-Final.pdf>





[Project PEACE workbook: for Girls that Support Healing and Empowerment through Community Safety Nets: Native Women's Association of Canada](#)

Project PEACE uses the PEACE Model, which organizes each workbook into chapters connected to supporting the successes of Indigenous women, girls and Two-Spirit people. PEACE is an acronym for Presence of Self and Setting Goals, Encouraging Strength and Resilience, Accessing Services and Supports, Community as a Safety Net, and Engaging in Culture. The PEACE Model is grounded in culture and applies a gendered lens to help meet the distinct and specific needs of participants.

https://www.nwac.ca/assets-knowledge-centre/3_2018FPG_PEACE_Girls_pages_v2_web.pdf

[Safety Planning with Indigenous Women - Safeguarding Our Women: The Aboriginal Shelters of Ontario \(ASOO\) & Chiefs of Ontario \(COO\)](#)

It includes safety planning in different scenarios, keeping safety plans safe, and best practices for organizations

<https://aboriginalshelters.ca/wp-content/uploads/2020/04/safety-planning-w-indigenous-women.pdf>

[POP Tarts Tool \(Protection, Options, Planning: Taking Action Related to Safety\)](#)

The POP Tarts tool was developed in conjunction with the WTPT Danger Assessment. It was designed to guide a conversation about safety in a more relevant way to women living on reserves. It helps women prepare themselves and their children to recognize signs of danger in the abuser's behaviour, signs women may see in their children and their own intuition.

https://nursing.jhu.edu/faculty_research/research/projects/DA-I/Walking_the_Path_DA.pdf

[Additional resources](#)

- ❖ National Truth and Reconciliation Commission Reports <https://nctr.ca/records/reports/>
- ❖ Reclaiming Power and Place: The Final Report of the National Inquiry into Missing and Murdered Indigenous Women and Girls <https://www.mmiwg-ffada.ca/>





- ❖ Domestic Violence risk assessment, risk management and safety planning with indigenous populations – Canadian Domestic Homicide Prevention Initiative
<http://cdhpi.ca/domestic-violence-risk-assessment-risk-management-and-safety-planning-indigenous-populations>
- ❖ Red Women Rising: Indigenous Women Survivors in Vancouver’s Downtown Eastside 2019 Report <https://dewc.ca/resources/redwomenrising>
- ❖ Feminism against resource extraction by Nisha Eswaran (2020)
<https://briarpatchmagazine.com/articles/view/feminism-against-resource-extraction>
- ❖ Indigenous overrepresentation in the criminal justice system, Department of Justice factsheet (2019) <https://www.justice.gc.ca/eng/rp-pr/jr/jf-pf/2019/may01.html>
- ❖ Unreserved with Rosanna Deerchild (2021) <https://www.cbc.ca/listen/live-radio/1-105-unreserved>
- ❖ CBC on National Day for Truth and Reconciliation (2021)
<https://www.cbc.ca/news/canada/british-columbia/community/national-day-for-truth-and-reconciliation-1.6188471>
- ❖ The Horror of Canada’s Residential Schools Was Hiding in Plain Sight by Katsi’tsakwas Ellen Gabriel (2021) <https://www.jacobinmag.com/2021/07/canada-residential-schools-indigenous-children-unmarked-graves-truth-reconciliation-commission-ricochet>
- ❖ What I Learned in Canada’s Brutal Residential Schools by Doug George-Kanentiio (2021)
<https://slate.com/news-and-politics/2021/06/canada-residential-schools-mohawk.html>
- ❖ Land Back means protecting Black and Indigenous trans women by jaye simpson (2020)
<https://briarpatchmagazine.com/articles/view/land-back-means-protecting-black-and-indigenous-trans-women>
- ❖ Indigenous Ally Toolkit (2019) https://reseaumtlnetwork.com/wp-content/uploads/2019/04/Ally_March.pdf



Safety planning for Black and racialized women and gender-diverse survivors (and for survivors who do not want the involvement of law enforcement)

Creative Interventions Toolkit – A Practical Guide to stop Interpersonal Violence - Creative Interventions

This toolkit promotes community-based interventions to violence or what some call community accountability or transformative justice as a way to break isolation and create solutions to violence from those most affected by violence – survivors, friends, family and community. It invokes a community response to violence, including those who cause harm. It includes a series of tools such as – staying safe tools (risk assessment chart, safety plan and action worksheet, safety plan and action chart, escape safety checklist, meeting with the person who caused harm safety worksheet), mapping allies’ tools, goal setting tools, supporting survivors tools, taking accountability tools, working together tools, and keeping track tools.

<https://www.creative-interventions.org/wp-content/uploads/2020/10/CI-Toolkit-Final-ENTIRE-Aug-2020-new-cover.pdf>

Pod and pod mapping worksheet - Written by Mia Mingus for The Bay Area Transformative Justice Collective (BATJC)

The Bay Area Transformative Justice Collective (BATJC) began using the term “pod” to refer to a specific type of relationship within transformative justice (TJ) work. This term describes the relationship between people who would turn to each other for support around violent, harmful and abusive experiences, whether as survivors, bystanders or people who have been harmed. These are the people in our lives we would call on to support us with our immediate and on-going safety, accountability and transformation of behaviors, or individual and collective healing and resiliency. The Pod mapping sheet is available for download, and it is intended to help people to identify who could be in their pods.

<https://batjc.wordpress.com/resources/pods-and-pod-mapping-worksheet/>

Safety Planning and intimate partner violence – A toolkit for survivors and supporters - Community Justice Exchange – US

This toolkit is for those grappling with how to support survivors of intimate partner violence, with the intent of strengthening community-level responses to abuse by sharing practical skills and information for safety planning. Though it was written with prison abolitionist and activist communities in mind, it is also intended to be a valuable resource for a broader range of people across varying experiences.



In this toolkit, safety planning is defined as a form of community organizing that aims to increase safety and reduce harm, including the harm of criminalization, for people surviving intimate partner violence.

<https://survivedandpunished.org/wp-content/uploads/2022/04/IPVSafetyToolkit.pdf>

https://www.youtube.com/watch?v=QEVuJuBri5A&ab_channel=HaymarketBooks - book launch panel

Additional links and resources

- ❖ B. Sabri & A. Gielen, “Integrated Multicomponent Interventions for Safety and Health Risks for Black Female Survivors of Violence: A systemic Review,” *Trauma Violence Abuse* 2019 Dec;20(5):722.
- ❖ BIPOC Women’s Health Network: <http://bipocwomenshealth.com/gender-based-violence/domestic-violence/>
- ❖ [Black Women In Motion | Our Story — Black Women In Motion](#)
- ❖ [Creative Interventions Toolkit: Perspectives on Interventions \(podcast episode\)](#)
- ❖ [#SurvivedAndPunished: Survivor Defense as Abolitionist Praxis](#)

Safety planning for immigrant, refugee, and non-status women

Safety planning with immigrant, refugee, and non-status women: Peel Committee Against Woman Abuse:

This booklet addresses partner abuse. It has an educational component about abuse, including self-care tips, safety planning in different circumstances, such as an escape plan, a safer environment, during a violent incident, and a child safety plan. It includes information about voluntary and involuntary police involvement, technology, social media safety, and a list of resources in Peel Region, Ontario. It does not have questions about risk factors specific to immigrant, refugee, and non-status women; however it is available in 13 languages – the newest version in six languages and the old version in seven languages.

[SafetyPlan2020 - UPDATED \(pcawa.net\)](#)

Safety Assessment and Safety planning tool: Battered Women’s Support Services (BWSS) & BC Refugee Hub

This toolkit is specific for immigrant, refugee, and non-status women with questions that cover broad types of violence and gender-based violence, including arranged marriage, forced migration,





gender persecution and trafficking. It includes an intake form that explores the most common risk factors for serious harm and lethality.

<http://bcrefugeehub.ca/wp-content/uploads/2019/11/Domestic-Violence-Tool-Final.pdf>

Additional resource

- ❖ **Canadian Domestic Homicide Prevention Initiative: “Culturally-Informed Risk and Safety Strategies”:** <http://cdhpi.ca/domestic-homicide-immigrant-and-refugee-populations>

Safety planning for women with disabilities

Safety planning for DV victims with disabilities: Washington State Coalition Against Domestic Violence – USA

This toolkit offers protocols and policy recommendations to agencies working with women with disabilities who are survivors of domestic violence. It has a session with questions related to abuse and safety for women with disabilities.

https://wscadv.org/wp-content/uploads/2015/06/Protocol_disability_safety_planning-rev-2010.pdf

Safety planning with 2SLGBTQIA+ and gender-diverse people

Abuse in Same-Sex Relationships from Alberta Children’s Services Prevention of Family Violence and Bullying

Education about abuse, types of abuse in 2SLGTTQIA relationships, how abuse can harm children, and the difference between healthy, unhealthy, and abusive relationships. Tips on how to help someone who disclosed abuse and safety planning tips.

<http://www.humanservices.alberta.ca/documents/NCN1375-abuse-in-same-sex-LGBTQ-relationships-booklets.pdf>

VAW Net - A Project of the National Resource Center on Domestic Violence

It includes a resource section that offers guidance to domestic and sexual violence organizations and advocates on providing inclusive, culturally responsive, and affirming services to trans and non-binary survivors. It contains specific information about safety planning with trans and gender-diverse people, fact sheets about violence against trans people, and a safety planning webinar link.

[Resources for Service Providers \(vawnet.org\)](http://resourcesfor.serviceproviders.vawnet.org)



A Guidebook for LGBTQ2S+ and Intimate Partner Violence Service Providers in Canada – Canadian Centre for Gender and Sexual Diversity

This guidebook should be used as a training and information tool for service providers within the LGBTQ2S+ community. It covers the definitions of IPV, how to recognize instances of IPV, victims' rights in Canada, what to expect should the victim choose to report to police, safety planning tips and considerations, and the consequences of IPV.

[IPV-Guidebook-10_10_17.pdf \(ccgsd-ccdgs.org\)](https://ccgsd-ccdgs.org/IPV-Guidebook-10_10_17.pdf)

Safety In Relationships: Same Gender - Legal Aid BC

Booklet on keeping safe in same sex relationships, it contains some concepts of same-sex violence education, legal information, and safety planning tips.

<https://pubsdb.lss.bc.ca/pdfs/pubs/Safety-in-Relationships-Same-Gender-eng.pdf>

Safety Planning Tips – Battered Women's Support Services (BWSS) BC

This resource contains a variety of safety plans from Internet safety to trans safety, LGBTQ2S and non-binary survivors of violence and youth. Resources are available online and in PDF.

<https://www.bwss.org/dont-walk-away/>

Safety Planning Tool: A Guide for Transgender and Gender Non-Conforming Individuals who are experiencing intimate partner violence

This lengthy US-based, trans-specific safety planning tool covers basic facts about intimate partner violence; safety planning; groundwork; staying safe at home; emergency safety bag; financial planning; safe havens; safety in your new place; safety on the job and in public; orders of protection; protecting children and pets; and emotional support.

[Safety Planning Tool - FORGE \(forge-forward.org\)](https://forge-forward.org/Safety-Planning-Tool)

It Takes a Village Toolkit - VAW Net

This toolkit discusses opportunities in LGBTQ communities for engaging friends and family in advocacy, safety and provides advocates with practical strategies for doing so.

[It Takes a Village, People! Advocacy, Friends and Family & LGBT Survivors of Abuse \(vawnet.org\)](https://vawnet.org/It-Takes-a-Village-Toolkit)



Additional resources

- ❖ In this collection, a diverse group of authors focuses on concrete and practical forms of redress and accountability, assessing existing practices and marking paths forward.
<https://brownstargirl.org/beyond-survival/>
- ❖ Leaving Evidence is a blog by Mia Mingus. Mia Mingus is a writer, educator and trainer for [transformative justice](#) and [disability justice](#). She is a queer physically disabled Korean transracial and transnational adoptee raised in the Caribbean. She works for community, interdependence and home for all of us, not just some of us, and longs for a world where disabled children can live free of violence, with dignity and love. As her work for liberation evolves and deepens, her roots remain firmly planted in ending sexual violence.
<https://leavingevidence.wordpress.com/?s=violence>
- ❖ Resources for Gender Justice Advocates to Affirm and Support 2SLGBTQIA Gender-Based Violence Survivors on Post-Secondary Campuses — Courage to Act. A community-curated list of resources to affirm and support 2SLGBTQIA gender-based violence survivors on post-secondary campuses. <https://www.couragetoact.ca/blog/2slgbtqia-resources>
- ❖ The Safe OUTside the System (SOS) Collective is an anti-violence program led by and for Lesbian, Gay, Bisexual, Two Spirit, Trans, and Gender Non-Conforming people of color. We are devoted to challenging hate and police violence by using community-based strategies rather than relying on the police. It includes 3 safety downloaded resources. [Safe OUTSide the System \(SOS\) | The Audre Lorde Project \(alp.org\)](#)
Trans PULSE Project - Research on health of transgender Ontarians. A community-based research (CBR) project investigating the impact of social exclusion and discrimination on the health of trans people in Ontario, Canada. <https://transpulseproject.ca>



Safety planning with youth and children

A Toolkit for Working with Children and Youth Exposed to Domestic Violence: Ministry of Justice - BC

It includes steps to follow when conducting safety planning with children and youth, developmentally appropriate safety planning (by child's age), practice tips for safety planning in specific situations, and additional factors to consider, including geographical location, mental health/addiction, gender identity, and others. It includes some safety planning templates and a list of resources and references.

<https://www2.gov.bc.ca/assets/gov/law-crime-and-justice/criminal-justice/victims-of-crime/vs-info-for-professionals/training/child-youth-safety-toolkit.pdf>

Additional resources

- ❖ Canadian Domestic Homicide Prevention Initiative: <http://cdhpi.ca/children-and-domestic-homicide-understanding-risks>
- ❖ Navigating the Child Welfare System: A Guide for Ontario's Black Community: <https://www.oacas.org/wp-content/uploads/2019/03/OVOV-Navigating-the-Child-Welfare-System.pdf>
- ❖ Courage to Act: Addressing & Preventing Gender-Based Violence at Post-Secondary Institutions in Canada
<https://www.couragetoact.ca/>

Safety planning for women and gender-diverse survivors living in remote areas

Public Legal Education and Information Service of New Brunswick (PLEIS-NB)

A booklet for survivors of IPV, particularly those living outside major urban areas. It has a checklist of risk factors followed by some reflective questions. It has strategies for staying safe based on risk factors and a list of resources in NB.

<http://www.legal-info-legale.nb.ca/en/uploads/file/pdfs/safety-planning/strategies/Safety%20Plan-Eng-Web.pdf>

Additional resources

- ❖ Canadian Domestic Homicide Prevention Initiative, "Domestic Violence in Rural, Remote, and Northern Communities: Understanding Risk and Keeping Women Safe":
http://cdhpi.ca/sites/cdhpi.ca/files/Brief_7.pdf





- ❖ Canadian Domestic Homicide Prevention Initiative, “Creating Safety Plans with Vulnerable Populations to Reduce the Risk of Repeated Violence and Domestic Homicide: http://cdhpi.ca/sites/cdhpi.ca/files/Brief_6-Online_0.pdf

Safety planning for older women

Safety Planning for Older Adults – Toolkit for service providers: Elder Abuse Ontario in partnership with METRAC

It includes safety planning tips, information on domestic violence and elder abuse, domestic violence risk factors, warning signs and legal information.

https://cnpea.ca/images/safety-panning-toolkit-full-document-eao_mar-29-2017.pdf

Technology Safety Planning

Technology safety for virtual conferences and services a toolkit for survivors of intimate partner violence – Barbra Schlifer Clinic

This technology-focused safety toolkit was created by the Schlifer Clinic for survivors of intimate partner violence involved in family court. Includes general considerations for technology safety, netiquette when attending virtual meetings, guidelines for virtual family court appearances, including preparation before and after a court proceeding, self-care and safety planning tips and resources.

<https://www.schliferclinic.com/wp-content/uploads/2020/11/Technology-Safety-A-Toolkit-for-Survivors.pdf>

A guide for Canadian women experiencing technology-facilitated violence: Strategies for Enhancing Safety - BC Society of Transition Houses (BCSTH)

Complete guide that covers technology-facilitated violence. It includes tips on how to enhance safety online and information on tech safety and the law.

<https://bcsth.ca/wp-content/uploads/2019/03/BCSTH-A-guide-for-Canadian-women-experiencing-technology-facilitated-violence-2019.pdf>

Technology Safety and Privacy: A Toolkit to Survivors by Tech Safety.org US

A complete technology safety online resource list for survivors of Gender-Based Violence. It includes basic technology safety, stalkerware, and location tracking, phones privacy and security guide,



online privacy and safety, personal information and data privacy, data security, internet of things & connected devices, teens & technology, technology & sexual assault, and Apps.

<https://www.techsafety.org/resources-survivors/technology-safety-plan>

Additional resource

- ❖ Violence Against Women Network, “Technology-Related Violence Against Women,” Learning Network, Issue 4, 2013. https://www.vawlearningnetwork.ca/our-work/issuebased_newsletters/issue-4/Issue_4-LN_Newsletter_April_2013.pdf

Other resources, toolkits, and relevant articles:

Resources for non-status women: List of resources created by the Barbra Schlifer Clinic for survivors with precarious immigration status or no status in Canada. It includes links to resources related to health, worker’s rights, income supports, housing, immigration and refugee, policing and CBSA and food resources.

<https://www.schliferclinic.com/updated-resources-for-non-status-women/>

Redwood Safety assessment toolkit: It is a comprehensive safety assessment guide developed by the Redwood shelter for women and children fleeing violence. The safety assessment incorporates the client’s primary concerns, perceptions of risk, protective actions taken or planned, individual situation and resources available

<https://pathssk.org/wp-content/uploads/2021/01/05-c-TIC-Redwood-Her-Toolkit.pdf>

Restoring the Circle virtual training program: this online training program was created by the Native Women’s Association of Canada. The training educational program is rooted in trauma-informed, culturally safe, intersectional, and decolonizing approaches and its main goal is to help service providers better support Indigenous 2SLGBTQ+ folks with lived experience of gender-based violence.

[Restoring the Circle - Overview \(restoringthecirclenwac.ca\)](https://restoringthecirclenwac.ca)

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This Technology safety toolkit was created by the Barbra Schlifer Clinic for survivors of intimate partner violence involved in family court. Includes general considerations for technology safety, netiquette when attending virtual meetings, guidelines for virtual family court appearances, including preparation before and after a court proceeding, self-care and safety planning tips and





resources.

<https://www.schliferclinic.com/wp-content/uploads/2020/11/Technology-Safety-A-Toolkit-for-Survivors.pdf>

Trauma-Informed Practice

A Toolkit for Survivors During COVID-19

This toolkit, from the #MeToo Movement, contains tips and practices to support survivors to navigate the impacts of extended periods of isolation, such as the pandemic.

https://metoomvmt.org/wp-content/uploads/2020/05/MeToo-COVID-Response_TOOLKIT.pdf

The Trauma Toolkit (Second Edition, 2013)

This toolkit aims to provide knowledge to service providers working with adults who have experienced or been affected by trauma. It will also help service providers and organizations to work from a trauma-informed perspective and develop trauma-informed relationships that cultivate safety, trust and compassion.

https://trauma-informed.ca/wp-content/uploads/2013/10/Trauma-informed_Toolkit.pdf

The Three Pillars of Trauma Wise Care

The Three Pillars is designed to provide key knowledge and skills for those who live or work directly with these children, including parents, teachers, foster carers, residential care workers, community youth workers, and mentors. On a daily basis, they must deal with behaviour that is frequently baffling and challenging. The Three Pillars builds on the fact that much of the healing from exposure to chronic stress and trauma takes place in non-clinical settings.

https://www.traumebevisst.no/kompetanseutvikling/filer/23_4_Bath3pillars.pdf

Crisis & Trauma Resource Institute

The Crisis & Trauma Resource Institute website has free resources including printable handouts, a trauma-informed workplace assessment, and a one-hour peer support webinar.

<https://ctrinstitute.com/>

