The New Mexico Coalition Against Domestic Violence (NMCAVD) works to achieve a coordinated local, regional and statewide response to domestic violence through: public awareness, education, training, technical assistance, and legislative and policy advocacy. NMCAVD serves as a clearinghouse for information and referrals. We collaborate with groups and organizations all across New Mexico.
Do you feel safe with your partner?

If you recognize just ONE trait from the Power & Control Wheel, you might be in an abusive relationship.

Keep in mind that...
- You are not alone.
- You have choices.
- You deserve to be safe at home.

Talk with someone about what is going on; they may be able to help you.

It is hard to decide when to leave, but when you are ready you must have a safety plan.

Personal Safety Planning

What is a safety plan?
It is a tool that allows you to plan for situations that ensure your safety. You can choose to leave, remain in the relationship or get an order of protection. You may choose to go to shelter or stay with friends or family. Each option has its own risks to consider when developing a safety plan.

Here are some general questions that can guide you in creating your safety plan:
- What are your risks in different locations: school, your children’s school, home and work?
- Who are your allies in each location? (An ally is someone you can trust and who can help you be safe.)
- How can you enlist the support of your allies?
- What actions can you take to increase your safety in each location or situation?

Safety Plan for Staying

Personal Safety
- If an argument seems unavoidable, try to move to a room with access to an exit. Stay away from the bathroom, kitchen, and bedroom or anywhere weapons might be available.
- Identify neighbors you can tell about the violence and ask them to call the police if they hear a disturbance coming from your home.

- What are the barriers to your safety in each location or situation?
- What solutions can you come up with that will increase your safety in each situation?
- What would your day look like if you were safe?

A safety plan is a continual process that should look at every aspect of your life to ensure the utmost safety. A safety plan is constantly evolving. As your life moves forward, your safety plan will need to be examined and altered to fit both minor and major life changes, for example a new job or any other changes in your daily routine.

- Use your own instincts and judgment. If the situation is very dangerous, consider giving the abuser what they want to calm him down. You also have the right to protect yourself until you are out of danger.

Safety Plan for Leaving

Abusers can take drastic actions when they find out they are losing the thing they thought they had control over. Emotions are high. For victims, this is the most dangerous time in an abusive relationship. Do the thinking before taking action.

Economic Safety
- Open a savings account and/or credit card in your own name to establish or increase your independence. Think of other ways in which you can increase your financial independence.

Children’s Safety
- Identify the people who have permission to pick up your children and inform the people who take care of your children who they are. Also, tell them your partner is not permitted to do so.

Leaving Safely
- Leave money, an extra set of keys, copies of important documents, extra medicines/prescriptions and clothing with someone you trust so you can leave quickly.

- Identify places you can go where you feel comfortable and safe and/or identify your local emergency shelter.
- Determine who would be able to let you stay with them or lend you some money.
- Always tell a friend or family member where you are and with whom you are staying.

Staying Safe
- Keep the shelter hotline number close at hand and keep some change or a calling card on you at all times for emergency phone calls.
- Review your safety plan as often as possible in order to plan the safest way to leave your abuser.
- Remember leaving your abuser is a very dangerous time. Statistically, the victim is considered most at risk during the first 72 hours.

Always remember you don’t deserve to be hit or threatened!