NYS OPDV Social Media Campaign

#StrongerTogether

#YouAreNotAlone

#OPDVSupport

We're here for you



Sample Post: Domestic violence shelters and essential services are still available. If you need help safety planning, finding shelter or getting resources, call the NYS Domestic and Sexual Violence Hotline anytime. #NewYorkStateStrongerTogether #YouAreNotAlone #OPDVSupport

Be an Ally





Sample Post 1: Did you know that you could make a real difference in a victim's life? Check in on your loved ones. Listen to them without judgement. Build on their strengths. Help them find available resources: 800-942-6906. #NewYorkStateStrongerTogether #YouAreNotAlone #OPDVSupport

Sample Post 2: You can still practice social distancing while checking on your loved ones. Call or text a friend. Check in on the people you care about. As always, use your judgment when it comes to safety and call the police if someone is in immediate danger. #NewYorkStateStrongerTogether #YouAreNotAlone #OPDVSupport

Safety Planning

Come up with a code word to use with children if things start to escalate and make a plan for when you use the word.

Have children memorize mergency phone numbers and make sure they derstand when to use them. for

Come up with a <u>code word</u> to use with children if things start to escalate and make a plan for when you use the word Come up with an exit plan. Know where important documents are located and ny to come up with people in your life who can help you if you need. Keep a 'go bag' with extra clothes and medication if there is somewhere you can safety hide it. Save the number for the NYS Domestic and Sexual Violence Hotline 1 800-942-9506 in your phone nder a different contact, such as a friend or your job. Have friends that you check in with daily. Come up with a code word in case they need to call the police.

Sample post: You are the expert in your own life and safety plans should look different for everyone. Here are a few simple ways you can plan to maintain safety for you and your family during COVID-19. Call the NYS Domestic and Sexual Violence Hotline 24/7 for a safety plan that's best for you: 800-942-6906. #NewYorkStateStrongerTogether #YouAreNotAlone #OPDVSupport



Office for the Prevention of Domestic Violence