



CLASSIC

Domestic Violence Survivor Support 4.0 [Classic]

12 STEPS

About Project Helping

Kynd Kits are a program of Project Helping, a mental wellness nonprofit. Our mission is to make it ridiculously easy to volunteer because doing good is good for your mental wellness!

[Learn More at ProjectHelping.org](https://ProjectHelping.org)

When You Build a Kynd Kit - The Cycle of Impact



Tips for Building Your Kit

Helpful Tip for Building Your Kynd Kit

- Avoid politics and religion entirely.
- Use appropriate humor.
- Can't think of what to write, draw a picture!
- Use words of affirmation!
- Place a piece of paper in any canvas bag before drawing on the outside. This way, the marker will not bleed through the other side of the bag.
- Please keep your designs gender-neutral, inclusive, and age-appropriate.

Spanish Translation Options



English	Spanish
Be proud of yourself	Siéntete orgulloso/a de ti mismo/a
Thinking of you	Pensando en ti
Sending love	Mandándote amor
You got this!	¡Tú puedes!
You are stronger than you seem, braver than you believe, and smarter than you think.	Eres más fuerte de lo que pareces, más valiente de lo que crees y más inteligente de lo que piensas.
This time will pass and good things are coming your way.	Deberías sentirte orgulloso/a.
Keep moving forward and fighting for that future!	El próximo capítulo de tu vida será mucho mejor.
Thinking of you during this time and sending warm, supportive thoughts your way.	Estaré pensando en ti durante este tiempo y te mando pensamientos cálidos y de apoyo.
Start where you are. Use what you have. Do what you can.	Empieza donde estás ahora. Usa lo que ya tienes. Haz lo que puedas hacer.
I know this won't be easy, but I also know you've got what it takes to get through it.	Sé que no va a ser fácil, pero también sé que tienes lo necesario para poder pasar esto.

STEP 3 OF 12

Domestic Violence Survivor Support [Classic]

Before You Build

About the Recipient

This kit was designed with our partners at TESSA. The mission of TESSA is to help individuals and their children achieve safety and well-being while challenging communities to end sexual and family violence. While these kits were designed with TESSA, they can be used to help anyone who has experienced domestic abuse.

Use the contents of this Kynd Kit to build a care package for someone who has experienced domestic violence or abuse. This kit supports survivors as they take back the life that is rightfully theirs.

STEP 4 OF 12

Example Phrases for Domestic Violence Survivor Kits

Examples of Phrases to Use

These kits will be shared with survivors of domestic violence. Your thoughtfulness in writing these notes will make the kits even more special. Thank you for sharing encouraging words and following the guidance below.

DO

- **Be positive:** Focus on hope, healing, and inner strength.
- **Use affirming and uplifting words:** Empower with gentle encouragement.
- **Keep it simple and sincere:** Short, heartfelt messages are best.
- **Use inclusive language:** Avoid assumptions, as well as political, religious or gendered terms.
- **Keep the tone gentle and non-intrusive:** Avoid intensity or emotional pressure.

AVOID

- Using terms like “Leave/leaving” and “abusers” (e.g., helping survivors “leave” their abusers)
- Using the term “victim” (use “survivor” instead)
- Giving advice or instructions, or assuming emotions.
- Signing the message with your full name or including personal info.
- Using humor, sarcasm, or quotes from public figures.
- Using reference timelines (e.g., “This will be over soon”).

SAMPLE NOTES

- “You are worthy of love, healing, and joy—just as you are.”
- “Never forget that you deserve happiness, love and peace.”
- “You are strong, even on the days it doesn’t feel like it. You matter, and your story matters.”
- “You deserve peace, kindness, and care—today and always.”

STEP 5 OF 12

Decorate the Bag

Decorate the kraft bag(s). This is what the final kit is distributed in, so try to make this fun and colorful for the recipient to open.

Please note: we are currently transitioning from plastic ziplock bags to kraft bags. Some kits may still include the plastic bag for you to decorate while we complete this transition.



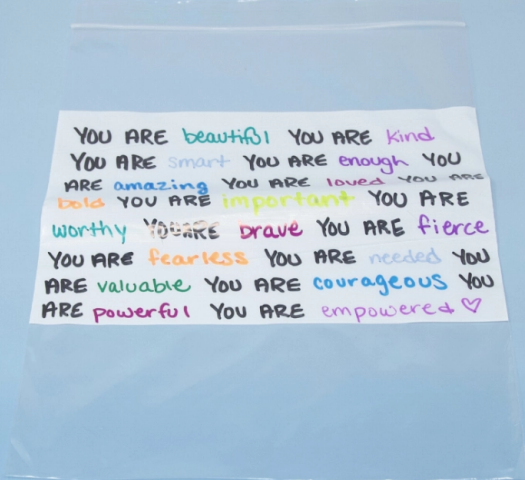
After



Before



After



YOU ARE beautiful YOU ARE kind
YOU ARE smart YOU ARE enough YOU
ARE amazing YOU ARE loved YOU ARE
bold YOU ARE important YOU ARE
worthy YOU ARE brave YOU ARE fierce
YOU ARE fearless YOU ARE needed YOU
ARE valuable YOU ARE courageous YOU
ARE powerful YOU ARE empowered ♡

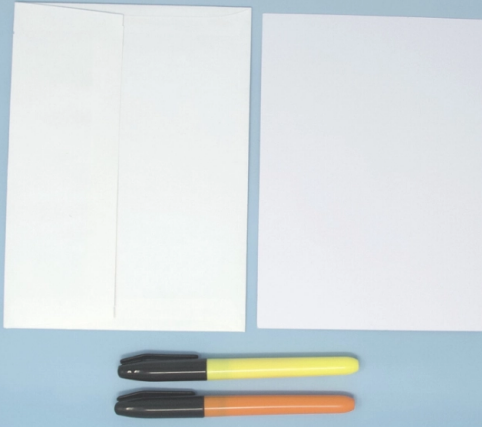
STEP 6 OF 12

Write a Note to the Recipient and Decorate the Envelope

Write a card and decorate the envelope using the enclosed materials. Express your encouragement and include a hopeful message.

Please ensure your message is **age-appropriate** and **avoids references to religion or politics**.

Before



After



Surprise Kyndness Notebook

Decorate the outside of the journal with a picture or uplifting message. Use random pages in the journal to write short, uplifting messages, draw small, colorful images, or create fun writing prompts for the recipient.



After



STEP 8 OF 12

Worry Stone

Worry stones are smooth, polished rocks used for relaxation or anxiety relief to help one feel grounded. The stone is meant to be kept in one's pocket. The physical act of massaging a worry stone for several minutes is proven to provide therapeutic & psychological benefits that help soothe your nervous system, reduce stress and anxiety, and help clear your mind so you can focus and think clearly.

On one side of the drawstring bag write an inspirational or calming word. Examples: hope, love, grow, breathe, dream, courage, wonder.

Tip: Place a piece of paper or cardboard in the bag before decorating to prevent the marker from bleeding through.



After



STEP 9 OF 12

Affirmation Notebook

DIY Affirmations

Find the mini affirmation notebook in your kit. Decorate the front cover with drawings, stickers, or a positive message. Then, open it up and write 3-6 affirmations inside—more if you'd like! These can be encouraging words, self-love reminders, or anything that lifts the spirit.

Do you still have affirmation cards in your kit? If your kit includes affirmation cards instead of a notebook, go ahead and write a special affirmation on each card.

Before



After



After



Pack the Domestic Violence Support Bag

Using the canvas bag and plastic bag(s) sort items to be easily accessible for the recipient and add them to the backpack. Example: keep all food item together and all toiletries together.

- Please only include items that are unopened and unused
- Add any additional items you would like (optional)

Optional items to add:

- Universal gift cards (gas/food/grocery)
- Phone Chargers
- Power banks
- New and Unused clothes or pajamas
- Self-Care/Hygiene Items
- Non-Perishable food
- Games/Activities

Items not to include:

- Perishable food
- Nut food items
- Sharp objects
- Alcohol/Drugs
- Religious or Political items/phrases

STEP 11 OF 12

Register My Kit (Optional)

Register your kit

To register and track your kits, you must visit the online instructions.

Registering your kit is optional.

STEP 12 OF 12

Thank You!

When you build a Kynd Kit, you create layers of impact for yourself and the community. We appreciate your time and your support of our mission.

Cheers,

The Project Helping team