



PLUS

Domestic Violence Survivor Support [Plus]

10 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 10

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 4 OF 10

Domestic Violence Survivor Support Bag [PLUS]

Before You Build

About the Recipient

This kit was created in partnership with DenDigital and NNEDV. Their shared goal is to equip domestic violence survivors with the tools to stay safe and maintain privacy while staying connected to loved ones.

Use the contents of this Kynd Kit to build a support pack for someone who has experienced domestic violence or abuse. This kit empowers survivors as they reclaim life that is rightfully theirs.

STEP 5 OF 10

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.



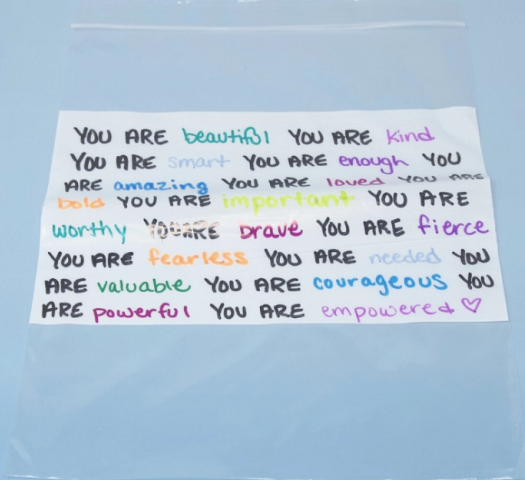
After



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 ♡

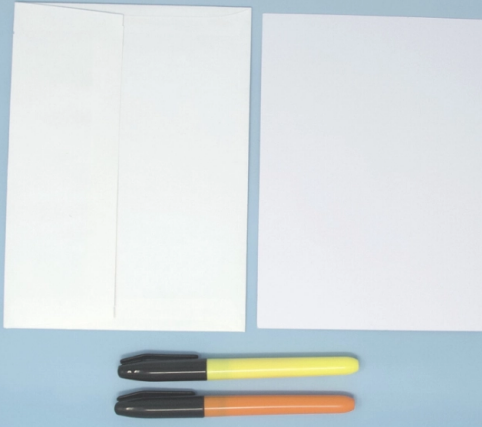
STEP 6 OF 10

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



Decorate the Canvas Bag

Use the permanent markers to decorate the canvas bag.

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



After



STEP 8 OF 10

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 9 OF 10

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 10 OF 10

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