



16 ways to support safety



Safety planning during lockdown



The police will still respond to a 999 call. Always call 999 if you are in immediate danger



If you call 999 and cant speak cough and you will be prompted to press '55' – follow the instructions for assistance #silentsolution



If you are experiencing abuse you can leave your home to access help



Safenet and other specialist services are still operating during lockdown. You can still access support, advice and safe refuge. We will support you in the safest way



You can still make your survival bag and leave with family or a friend during lockdown



Courts are still working and it is possible to obtain orders to help support your safety, such as a Non-molestation order during lockdown. Contact a solicitor to discuss.



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Safety if you are in employment

-  Speak to your employer and let them know your situation – they may have a domestic abuse policy in place.
-  Are you working from home? Make sure there is a safety plan in place. Document any harassment and call 999 if in danger
-  Do you lone work? Make sure that the building is secure. Discuss what changes can be made to make you feel safer
-  Stagger your times leaving and going to work so you do not have a set routine that the abuser can follow.
-  If using public transport to get to work change the route and times.
-  Get someone to escort you to your car if you drive to work
-  Carry a personal alarm and stick to public areas as much as possible when out and about
-  Due to COVID abusers may be isolating at home whilst you work. Ensure colleagues check in regularly using the pretext it is work related



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Safety planning around Young People

Abuse can look like:

- 🔒 emotional: calling you names, blaming you, ignoring you
- 🔒 physical: being violent such as hitting, kicking, spitting
- 🔒 sexual: being forced to take part in sexual activities that you do not consent too. This can include photos, sexting & social media
- 🔒 Control: not letting you see your friends, telling you what to wear
- 🔒 Economic: taking your money, joint benefit claims, having your bank card, stopping you going to work/college, getting debts in your name



Domestic abuse leads to isolation from the friends and family. Can you identify at least one trusted adult who you can talk to about the abuse. Someone who will have regular contact & check in with you



If someone makes you take or shares intimate images of yourself we understand how distressing this is and we can support you with confidential 1 to 1 emotional & practical support.



If you need to leave your home due to abuse we can help you access safe accommodation by calling 0300 3033 581. Even during lockdown you can leave.



We can help you safety plan to reduce the risk in an abusive relationship or after it has ended. Make sure the abuser is not aware of any safety plans this can put you at more risk



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Emotional safety planning



Emotional safety planning will help you deal with the impact of abuse.



Domestic abuse causes significant trauma so it is important to look after your emotional health & well being



Peer support groups with other survivors of domestic abuse are a good way to gain support & understand more about domestic abuse. Never let an abuser know you are attending peer support groups his increase risk.



Discuss your situation with people you can trust. Explore options and talk about your choices in a safe confidential way



Don't pressure yourself to do too much soon. Work to achievable, safe goals. Being in or leaving an abusive relationship is exhausting – seek support



Abuse is never your fault & abusers are responsible for their actions. You do not deserve abuse; you have value as a person and deserve respect



Take time each day for self-care as much as you are able. These little breaks from stresses in your life can really help you make good decisions and build resilience



Remember you are not alone



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Safety planning around children



When leaving an abuser always take your children with you, otherwise it may be difficult or impossible to be able to have them living with you in the future



For children at school/nursery make sure that the head and all your children's teachers know about your situation so they can help you in an emergency



Ensure schools/nursery know who will be picking children up – let teachers know about any court orders you have relating to yourself and the children



Make sure schools and other professionals are aware not given any information to the abuser about you and the children once you have left



Talk to your children about the need to keep your address and location confidential.



If you leave take your children's favourite small toys. This will help them settle.



Make it feel safe for children to talk to someone about how they are feel like a teacher, youth worker, relative
If abuse is taking place in the home plan with children that they go to another room for their safety



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The safest way to access support with emotional support, advice & safety planning is by contacting a specialist service to discuss your own individual and unique circumstances & risk.



You do not have to deal with this alone. We offer a safe place to stay if needed, along with support, guidance and practical help to create a safer, happier and healthier future for you.



We offer inclusive, non-judgemental & respectful services to women, children & men.



For more information, contact us on:
0300 3033 581
contact@safenet.org.uk
www.safenet.org.uk

Specialist Services:
Talk to people you
can trust



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Safety leaving an abuser



Once the decision to leave is made this is often one of the most dangerous times for abuse to escalate



Contact specialist services, like SafeNet who can help you plan to leave increasing your safety



Plan your time to leave – make sure you have enough time to leave. Consider a referral to refuge out of the area where the abuser lives.



Staying in your own home can involve applying for orders such as an Occupation order . Speak to a recommended solicitor



Make sure you take any specialist medical items & medication with



Always call 999 if the abuse continues once the perpetrator has left. Keep a diary of all harassment as this can help you later apply for civil orders & reporting to the police.



If you want to stay in your home work with specialist services to increase safety via changing/extra locks & security, outside lighting, alarms





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Pack a bag with essentials



In case you need to leave quickly or are planning on leaving, pack a bag of essential items



This could include:

Medication

Clothing

Money

Passports

Important documents such as yours & children birth certificate, health docs

Legal documents: marriages certificates, mortgage papers, Immigration documents, visas

Spare house & car key

Credit Cards & Bank details

Important phone numbers



If you cannot safely take the original documents take copies and leave with a friend, family member, neighbour you can trust





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Our Live Chat



Living with an abuser and can't safely call you can use live chat



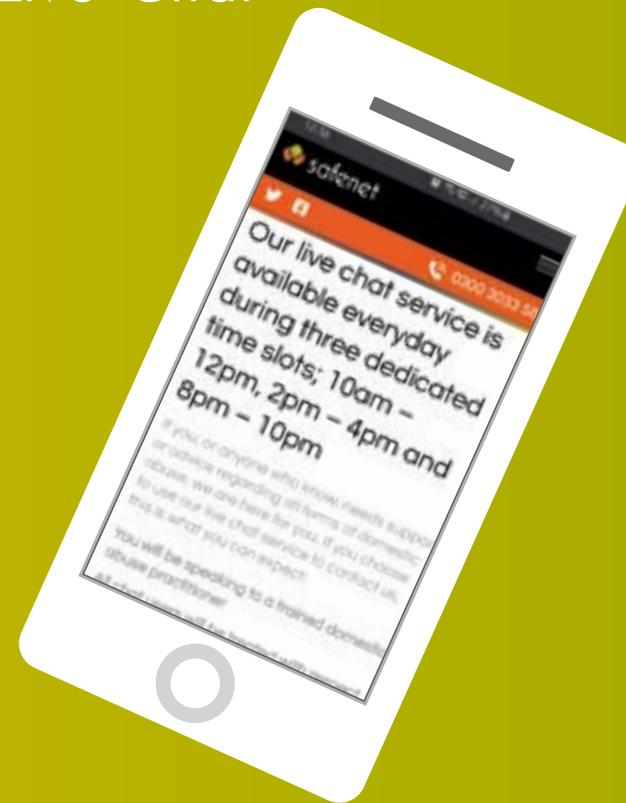
Live chat gives those who need help the option to discuss their situation 1:1 with a support worker and seek advice discreetly and confidentially.



The live chat service is available every day during three dedicated timeslots; 10am – 12pm, 2pm – 4pm and 8pm – 10pm via our website



Read our article on what to expect from our Live Chat - <https://safenet.org.uk/blog/what-you-can-expect-from-safenet-during-a-live-chat-session/>



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Your phone is a lifeline but it can also be used by abusers to track and monitor your whereabouts increasing your risk



Check your phone, laptop and other devices for any tracking technology or spyware



Password protect your phone and other devices like your laptop, tablet



Turn off location apps on your phone – if using social media on your phone ensure location tagging is off



What address does your phone bill go to? Go paperless



Keep a diary of any abusive phone calls/texts – this can help built up a case if you seek legal advice or report to the police, screenshot and save



<https://www.refuge.org.uk/wp-content/uploads/2020/01/Technology-Safety-Plan.pdf>
for Technology safety plan





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Identify people who are safe & talk to them about your situation



What excuses can you use to leave the house – this is challenging during COVID but you can still go outside for exercise, work, shops, schools, pharmacy



Try and call, text, msg on social media people to stay connected. Remember if you text people the msgs are visible in your phone



Call regularly at a certain time so if you don't call people are alerted to reach in to you



Remind your network that too much checking in could raise suspicions and put you at risk, be discreet

How can you get help living with an abuser



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Talk to safe people to see if you could stay with them in an emergency



Know your local domestic abuse services, try and memorise the number 24-hour ones are especially useful



Plan escape routes from your house in case have to leave in a hurry, ensure keys are in a safe place



If an argument starts or you suspect you are going to be attacked try and get to a lower risk area in the house, avoid kitchens & bathrooms, garages where there could be items used as weapons.



Can you escape from this room? Are you able to use a phone?



Plan in advance as part of your safety plan



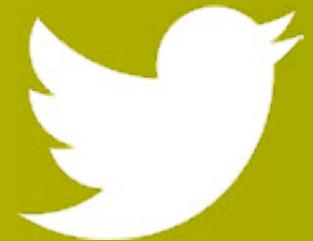
Think about
where you will
go if you leave
an abuser



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Social Media Safety



Set your profiles to private



Always think before you post – can this be shared?



Recognise fake profiles – could be your perpetrator trying to get access to your accounts



Protect your identity, choose strong passwords & change them regularly. Use a different password for each account



Avoid sharing intimate content – Think before sharing anything private or personal as there are no guarantees that this won't get into the wrong hands.



Let your friends and family know about your online choices explain its for your safety



Click links with caution & Turn off location information



Choose carefully who you accept as a friend



Protect your devices by installing antivirus software



Check regularly for an apps you don't recognise could be spyware



Remember to log off when your done



Treat your on line life like your off line life



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Know your rights. Clare's Law - Domestic Violence Disclosure Scheme



If you are in an abusive relationship, suspect your partner might have an abusive history or behaviour



Or you suspect someone you care about is in an abusive relationship,



You can now make a request to Police to find out if your or their (ex) partner has a history of domestic abuse



Clare's Law aims to protect you or your loved one, male or female from domestic violence



Contact the police on IOI to make the request



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Always keep your mobile phone charged, if possible, keep your phone on your person at all times.



If possible always make sure you have credit on your phone



Use 141 before making a call so that your call is not be visible to anyone who looks at your phone



Teach any older children how to dial 999 but not in front of an abuser as will put them at risk



You can register for the 999-text service – send a text to 99 saying 'register' & follow the instructions



Silent Solution – dial 999 & if unable to safely speak, cough or tap phone, when prompted press '55'





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A personalised safety plan is a way to help protect yourself and your children.



A safety plan is unique to you to reduce the potential risks that occur by a partner/ex-partner/family member's abuse, violence, and control



It helps you plan how you can respond to different situations & crisis



IN AN EMERGENCY ALWAYS DIAL 999 – If you or your children are at risk.



You could set speed dial number 9 on your phone to call 999



Contact SafeNet for support, advice and safe accommodation 0300 3033 581



You cannot stop a perpetrators violence, abuse & control but you can do things that can make you safer

What is a safety plan & why are they useful?

