

SAFETY PLANNING: WHEN LEFT

When you have decided to leave the relationship and made that move, the unfortunate reality is that you **still need to protect yourself and your children from the abuser.**

- Stay away from social media such as Facebook or Instagram.
- Change your cell phone number.
- Block the caller ID.
- Install the 'truecaller' app on your phone.
- Alert your neighbours to call the police if they see the abuser nearby.
- Change the locks – of all doors!
- Get a private mailbox and do not give your real physical address.
- Provide a photograph of your abuser to your workplace and your children's school.
- Make sure your child's school and your employer know not to give your address or cell phone number to anyone.
- Vary your schedule. Change your habits.
- At work, have a security guard accompany you to your car.

SAFETY PLANNING: BEING A COLLEAGUE



Colleagues, working together, often see the signs of abuse, but feel the need to 'protect' the secret or each other.

Silence allows for the abuse to continue.

When the employer or colleagues recognise potential warning signs, it is important to speak up!

- Support him/her as a friend by allowing the expression of feelings freely
- Allow him/her to make his/her own decisions
- Help him/her to report the abuse if he/she chooses to do so
- Assist with planning safety strategies for leaving the abusive relationship
- Stay safe, do not put yourself in danger by talking to the abuser yourself!

SOCIAL WORK SERVICES DOMESTIC VIOLENCE DESK

DUTY OFFICER: 079 880 5966

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SOUTH AFRICAN POLICE SERVICE

DOMESTIC VIOLENCE



ON A JOURNEY TO A SAFER
SOUTH AFRICA

SAFETY PLANNING

Already in a violent relationship necessitates safety planning for dangerous situations, regardless of the decision whether or not to remain in the relationship.

A personal safety plan is a way of helping you to protect yourself and your children. You cannot stop your partner's violence and abuse, only they can do that.

But there are things you can do to increase your own and your children's safety.

It begins with determining a course of action if another serious incident occurs in the home.

SAFETY PLANNING: PERSONAL

- Avoid confrontations in rooms where there is only one exit
- Avoid rooms that contain many potential weapons (kitchen, garage, workroom)
- Always carry a list of emergency numbers
- Keep money in a safe place for public transport



- Keep an extra set of keys for the house and/ or car
- Have all essential documents e.g. ID
- Have a bag of clothes for yourself and your children and keep it in a safe place
- Teach your children not to get into the middle of a fight, even if they want to help
- Have a code word for when you need help
- Document signs of physical abuse
- Take photographs of injuries or bruises
- Inform your manager about the circumstances at home
- If you are planning to leave, leave when the partner is not around and take the children with you!

SAFETY PLANNING: TECHNOLOGY

Technology can follow you everywhere – even to work, and **technology can put you at risk ...**

- Use a safe computer when you look for help, a new place to live, etc
- Create a new email account with a new password from a safe computer
- Change your passwords and PIN numbers regularly
- Use a donated or new cell phone



Check your cell phone settings:

- Turn it off when you do not use it. Phones can be set to automatically answer without you knowing it
- Most phones have GPS, which makes them capable of tracking you

