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Your Safety Plan

Confidential — For Client Use

Your safety plan should be both personal and practical. It should include ways for you to stay safe while you remain in your home, as you are planning to leave or asking your partner to leave, and even afterward. Even if you are not ready to leave, it is essential that you plan for the possibility.

Domestic abuse is unpredictable. Because you cannot foresee how your story will play out, it is wise to plan ahead for a variety of scenarios. The following plan includes steps you can take to safeguard yourself and your children, covering different situations that may arise. As you fill out this form, tick the boxes of the steps that you are willing to take.

For immediate help in South Africa, you can contact:

South African Police Service (SAPS): 10111

Gender-Based Violence Command Centre: 0800 428 428 (or *120*7867# from a cellphone)

Lifeline South Africa: 0861 322 322

Safety Precautions to Take When an Argument Occurs at Home

- ☐ If an argument begins, I will move to a room without weapons and with at least one exit. I will avoid the kitchen or bathroom. Safe rooms are: _____ and _____.
- ☐ I will keep my handbag and car keys in this location: _____.
- ☐ If I am concerned for my safety, I can leave my home using this exit: _____.
- ☐ If I have to leave, I will go to: _____ or _____.
- ☐ I will remember that I am free to call the police (10111) at any time.

Safety Precautions to Take If I Remain at Home

- ☐ I will keep my phone charged and accessible.
- ☐ I will make and hide a spare car key in this location: _____.
- ☐ I will practise using my chosen escape route.
- ☐ If my partner uses alcohol or drugs, I can _____ and protect my children and myself by _____.
- ☐ If I sense an argument brewing, I can _____.
- ☐ I can tell _____ about the abuse and ask them to call the police if they overhear violence.
- ☐ I will choose _____ as a code word and let my children and trusted contacts know to call the police if I use it.

Safety Precautions to Take If There Are Children in the Home

- ☐ I will teach my children how to call 10111 and give our address.

- ☐ I will explain that they might need to use the number in emergencies.
- ☐ I will instruct my children not to get involved in arguments but to help by calling for help or leaving safely.
- ☐ I will locate a safe room for my children.
- ☐ I will remind them of the code word _____ and teach them to call the police and leave the house when they hear it.
- ☐ I will explain where they should go (e.g., neighbour's house) or who they should call.
- ☐ I will help them practise escaping.

Safety Precautions to Take When I Leave or Prepare to Leave

- ☐ I will gather essential items and documents and leave them with _____.
- ☐ I will establish financial independence by opening a bank account by this date: __ / __ / __.
- ☐ I will keep emergency cash or gift cards on hand.
- ☐ I will keep essential numbers in my phone and a backup list with _____.
- ☐ I will pack an escape bag for my children and me and hide it in this location: _____.
- ☐ I will keep records of the abuse.
- ☐ I will learn how to obtain a protection order through the courts.
- ☐ If I cannot take my pets, I will ask _____ to care for them.

Technology Safety Measures

- ☐ I will change my passwords and usernames.
- ☐ I will make a new email account that does not use my name.
- ☐ I will check my devices' privacy settings.
- ☐ I will ensure Bluetooth is off when not in use.
- ☐ I will delete unused apps.
- ☐ If I suspect monitoring, I will get a new device.
- ☐ I will limit the information I share online.

Important Phone Numbers

Name / Category	Phone Number
Police (SAPS)	10111
GBV Command Centre	0800 428 428
Lifeline South Africa	0861 322 322
Local Shelter	_____
Trusted Friend / Family	_____
Doctor	_____
Lawyer	_____

Final Note

Because circumstances can change, it is good to revisit this plan every couple of months. Therapy offers a safe, confidential space to process your feelings and plan your next steps.

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