



MY LONG-TERM SAFETY PLAN

for survivors who experience GBV

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PURPOSE

The purpose of my long-term safety plan is to help me identify steps I need to take to protect myself and my children from violence by my intimate partner.

I will refer to the emergency safety plan if I need to take immediate actions during violent attacks.

This long-term safety plan will help me to be prepared and know what to do if I am in a relationship with a violent partner. This plan can assist me and my children to remain safe whether I still live with the abuser or even after I left the abuser.

I know that abuse from a male partner (ex-male partner) can take many forms - like physical abuse (such as hitting or beating), sexual abuse (such as forced sex), emotional abuse (such as being controlled, insulted or made to feel small), and economic abuse (such as taking my money or stopping me from working).

PHYSICAL SAFETY

When I am physically attacked, I can use the Emergency Safety Plan to increase my safety (you can ask the person who is helping you about this).

When I plan for my safety, I can consider the following things even if I live with a male partner or have left.

- I can consider applying for a protection order at the nearest magistrate's court.
- If my male partner is no longer staying with me, I can ask people I trust to call me or the police, should they see the partner entering my premises.
- If I have a job, to protect myself at the workplace, I can ask to be moved to another branch, for my manager to change my shifts, to look for another job, or inform my manager that I may be in danger etc. (if you try any of these and nothing seems to work, it's ok to find a place of safety, for example, a shelter, until the perpetrator is arrested).
- If I can, I will improve the protection in my home by changing locks, involve neighbours for extra eyes, and consider affordable measures such as alarms or burglar bars.
- If I am a student, I can provide the institution's Risk Management Services (RMS), Student Support Services, other offices or personnel responsible for ensuring student's safety with a certified copy of the Protection Order and/or CAS number that prevents the partner from entering the University/TVET College/Technikon/ higher institute of learning or residential premises or any specified part thereof.
- When going to or leaving my workplace or school, I can ask a trusted friend, colleague, or family member to accompany me, or walk in groups to ensure my safety.

The 3 people I trust are:

1. _____
2. _____
3. _____

- If my male partner or ex-male partner knows my routine, I can change my route, public places, days, and times, or always go somewhere with someone.
- I can also be careful about sharing live updates on social media.

In a case of a violent attack, I can reach out to the following:

Services	Toll Free	USSD	WhatsApp #
Emergency Services [police & ambulance]	112/10111	*120*7867# (not free)	
GBV Command Centre	0800 428 428		
Stop Gender-Based Violence	0800 150 150		0800 150 150

EMOTIONAL SAFETY

We understand that individuals struggle with emotional well-being and safety because of life experiences. This section is meant to assist you to be aware of your emotions, understanding them and managing them in a healthy way.

Below are the steps I can take to strengthen my emotional well-being:

- I can seek help and connect with a social worker or a counsellor to get support and to discuss ways to cope.
- I will use the advice when I feel overwhelmed and worried.

I can seek support from these organizations commonly used by individuals for emotional support.

Organization	Toll-Free Numbers
South African Depression and Anxiety Group (SADAG)	0800 456 789
GBV Command Center	0800 428 428

In addition, I can add organisations I know of in my community that are able to assist individuals in need of emotional support.

Name of organization in my community	Telephone Number
1.	
2.	
3.	
4.	
5.	

People who experience emotional problems use unhealthy ways to deal with stress. To restore my emotional health and avoid further difficult emotional problems, I can do things I like, for example, take a walk, pray, cook, etc.

If I am struggling with substance use or addiction, I can get help from the organizations listed below or others I know of.

EMOTIONAL SAFETY *(continues)*

Name of organization	Telephone Number
1. Alcoholics Anonymous South Africa	0861 435 722
2. South African National Council on Alcoholism and Drug Dependence (SANCA)	011 892 3829 WhatsApp 076 535 1701
3. Narcotics Anonymous	0861 006 962
4. National Responsible Gambling Program (NRGP)	0800 006 008 (24-hour help line)

These are the things that I can do to make myself feel better:	
1.	4.
2.	5.
3.	6.

I can repeatedly do affirmations (positive self-talk), for example, 'I'm a survivor!'; 'I'm a good parent!'; 'I'm beautiful and lovely!'; 'I am an achiever!'; 'I'm useful!'; 'I'm successful!'; 'I'm brilliant!'; 'I'm a good provider!'; 'I'm strong!';

These are the affirmations (positive self-talks) I can say to myself:	
1.	4.
2.	5.
3.	6.

I can remind myself of all the things that I am thankful for, for example, my health, my children.	
1.	4.
2.	5.
3.	6.

I can call the following trusted people who are close to me, for example, a friend, sibling, cousin, aunt.

1. _____
2. _____
3. _____

FINANCIAL SECURITY

We understand that individuals struggle with financial safety because of life experiences. This section is meant to assist you in ways that you might use to increase your financial independence.

If I still stay with my male partner, the following are some of the things I might do:

- I can check if I can qualify for a child support grant or social relief with DSD offices and apply.
- I can open my own bank account that I can deposit any amount of money to save.
- I can join or start a stokvel for saving money
- I can think about a trustworthy person whom I can get money from in case of an emergency (work toward reducing or avoiding debt)
- If I can, I will start a small business (side hustle)
- I can develop new skills by joining a local skills development center, for example, computer literacy, baking, cooking, beading, or sewing skills.
- I can work towards getting a qualification through an institution, for example, administration, finance, HR management, etc.

If I am no longer living with my partner the following are some of the things that I might do:

- I can start looking for a job or start a small business (a side hustle)
- I can join a stokvel for saving money
- I can get skills through local skills development centers, for example, computer literacy, baking, cooking, beading and sewing skills.
- I can get a qualification through a public institution, for example, administration, finance, HR management, etc.
- I can apply for a Maintenance Order at the local magistrate's court, with the help of Department of Social Development for child's maintenance.
- I can apply for a child support grant or a social relief of distress from the relevant government office
- If I am the main bank account holder I can withdraw all of my money. If we have a joint bank account, I can withdraw a portion of my money
- If I am the main account holder (clothing account, furniture store account), I can remove my male ex-partner to prevent him from having access
- The accounts that need to be changed/cancelled are:
 - _____
 - _____
 - _____

CHILD SAFETY

Thinking about the safety of my children is part of my long-term safety plan. This is important whether I plan to leave in the short or long term or choose to remain in the relationship. In this section, the following strategies can be used to assist in protecting my children.

It is important as a parent to consider how little information to share with my child or children and to always remind my child/ren that their first priority in a violent situation is to stay safe.

- I can teach and practice with my children, caregiver, helper, or any person I stay with to _____ when the violence starts or when the partner enters my residence, for example, run outside and alert the neighbours, blow a whistle, if they are old enough call the police, use an app to raise alarm to the police. (refer to the emergency safety plan for immediate actions during violent incidents).
 - If the violence happens, I can train and practice with my child/ren to leave the house/building safely on their own to get help. I can teach them to go to _____.
 - If and when my child/ren are unable to leave home, I can teach and practice with them safe places to hide themselves, such as:
 1. _____
 2. _____
 3. _____
 - I can teach and practice with my child/ren code words (secret words that only them and I know) that we will use during a violent attack or emergency to increase everyone's safety.
 - The code word for them to call the police is _____
 - The code word for them to escape or get out of the house is _____
 - I can inform the day care/crèche teacher or school teacher about my situation to ensure the safety of my child/ren
 - If a protection order is in place, I can inform the day care/crèche teacher or school teacher to prevent my partner from collecting the child/ren
- When you are planning to leave with children in the future:
- I can pack important documents, for example, original birth certificates, ID, medications, clinic card/hospital cards, latest school report, SASSA or bank cards.

I am aware that this plan might help me to stay safe but it does not guarantee me 100% safety. I should always trust my instinct to keep safe



For more information, contact:

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