

EMERGENCY PROTOCOL: Your First 24 Hours

Steps for Physical and Digital Safety in Aotearoa.

1. IMMEDIATE DANGER (THE 111 PROTOCOL)

- **Call 111:** If you cannot speak, **Push 55**. This alerts the operator that you are in danger, but it is unsafe to talk.
- **Silent Exit:** If you need to leave right now, go to the nearest Police Station or a public “Safe Space” like a hospital emergency room or a 24-hour supermarket.

2. THE “SHIELDED” SEARCH

- **Do not use standard Google Search.** Access help via a **Shielded Site**. Look for the small **green computer icon** at the bottom of major NZ websites (like *The Warehouse, TradeMe, or NZ Post*).
- **Why?** Browsing through a shielded site means the visit will not show up in your browser history, protecting you from digital monitoring.

3. THE ESSENTIALS (WHAT TO GRAB)

If you have 5 minutes to leave, prioritize these in a “Go-Bag”:

- **ID:** Passports, Birth Certificates, and IRD numbers (for you and your children).
- **Access:** Spare car/house keys and your mobile phone + charger.
- **Money:** Any hidden cash and your bank cards.
- **Health:** 3 days’ worth of essential prescription medication.

4. LEGAL & WORKPLACE PROTECTIONS



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- **Police Safety Order (PSO):** Ask the Police for a PSO. This can remove the abuser from the home immediately for up to 10 days, even without a court order.
- **DV Leave:** You are legally entitled to **10 days of paid Domestic Violence Leave**. You do not need to explain the details to your boss — simply stating you are utilizing your statutory leave for safety reasons.
- **Tenancy:** You can withdraw from a joint tenancy with **2 days' notice** if you provide evidence of family violence (a Police report or a letter from a GP/Refuge).

5. EMERGENCY CONTACTS (24/7)

- **Women's Refuge:** 0800 REFUGE (0800 733 843) – *Crisis support and safe housing.*
- **Shine:** 0508 744 633 – *Professional family violence support.*
- **1737:** Free call or text 1737 – *To speak with a trained counselor for your mental "Sanity."*

