

The Quick Safety Guide: Your Immediate Blueprint

1. The “Anchor” (Your Safe Person)

Identify one person who knows your situation and will react immediately without asking “Why?” or “What did you do?”

- **The Name:** [Person’s Name]
- **The Signal:** Agree on a “Code Word” or a specific emoji (like a 🙄) that you can text them. [Code Word/emoji]
- **The Instruction:** When they receive that signal, their job is to call 111 or come to your location immediately.

2. The “Harbour” (Your Safe Place)

Where will you go if you must leave the house in the next 5 minutes?

- **Primary Spot:** A 24-hour location (Police station, hospital ER, or a friend’s house). [24-hour location]
- **The Route:** Do you have the keys? Is your car reversed into the driveway for a quick exit? If you use public transport, do you have a topped-up AT Hop card or cash?

3. The “Lifeline” (Professional Support)

Save these in your phone under a “boring” name (like “NZ Weather” or “Library”) if you are being monitored:

- **Women’s Refuge:** 0800 733 843



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- **Shine:** 0508 744 633
- **Shakti:** 0800 742 584
- **Police:** 111

4. The “Grab-and-Go” Essentials

If you can only take what fits in your pockets, prioritize these:

- **Phone & Charger:** Fully charged.
- **Identification:** Driver’s license, passport, or birth certificates (photos of these on a hidden cloud drive are also good).
- **Money:** Any spare cash or a debit card the abuser cannot track in real-time.
- **Medication:** A 3-day supply for you and your children.

5. The “Sanity” Shield

When the **DARVO** (Deny, Attack, Reverse Victim/Offender) starts, use these mental anchors:

- **Identify the Tactic:** “This is not an argument; this is a distraction.”
- **Grey Rock:** Give short, “boring” answers.
- **The Exit Script:** “I’m feeling overwhelmed; I’m going to step outside for some air.” (This gives you a reason to move toward the door).

