

DOMESTIC VIOLENCE SAFETY TIPS



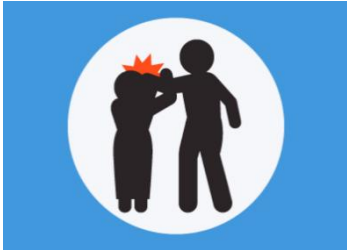
Easy-to-read





Domestic Violence Safety Tips

Easy-to- read version



This pamphlet is about Domestic Violence



The South African Police Service wrote this pamphlet

NCPD

National Council of & for
Persons with Disabilities

**It was made Easy- to- Read by the National
Council of and for Persons with Disabilities**



**Alstom Foundation contributed to making this
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Staying Safe from Domestic Violence

Domestic violence means hurting someone in a close relationship. It can happen in any family or home.

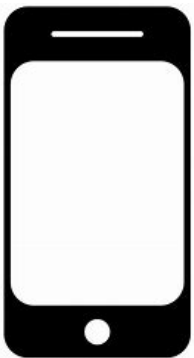
Domestic violence is **wrong**. No person should ever be hurt.



How to Stay Safe

1. Stay Away from Dangerous Places

- If there is trouble, try to be in a room with a door you can leave through.
- Do not stay in the kitchen or places with dangerous objects.



2. Keep Important Phone Numbers

- Have a list of emergency numbers.
- Keep it with you or in a safe place.



3. Tell Someone You Trust

- Tell family or friends about the problem.
- Give them a copy of your protection order if you have one.



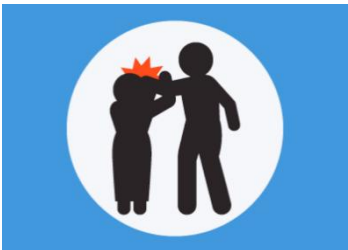
4. Have an Emergency Bag

- Pack extra clothes for you and your children.
- Keep important things like:
 - Money for transport
 - House or car keys
 - Identity and medical cards



5. Leave When It Is Safe

- If you plan to leave, go when the person is not home.
- Take your children with you.



What is Domestic Violence?

Domestic violence is when someone **hurts or controls** their partner.

Types of Domestic Violence

Physical Abuse



- Hitting, slapping, pushing, or hurting someone.
- Not letting someone get medical help.



Sexual Abuse

- Forcing someone to do sexual things they do not want.
- Saying or doing sexual things that make someone uncomfortable.

Emotional Abuse



- Saying mean things to make someone feel bad.
- Controlling what someone does.

Economic Abuse



Taking or controlling money belonging to someone close.

- Taking away money for food, clothes, or other needs.

Wrong Ideas about Domestic Violence

Some people **believe wrong things** about domestic violence. Here are the facts:



Wrong: Domestic violence only happens to poor people.



Truth: Domestic violence can happen to anyone.



Wrong: Only bad people hurt their partners.



Truth: Anyone can be violent, but it is **always wrong**.



Wrong: If the victim wanted to, they could leave.

Truth: Leaving is hard. Victims often need help and support.

Help is Available



- You **can stop the pain**
- Call the **Domestic Violence Help Desk** for support:
 - **Duty Officer:** 079 880 5966
 - **Standby:** 082 301 2138

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