

Safety Conversation Quick Sheet

Healing Through Love | Safety Conversation Guide Companion

How to talk about risk, readiness, and support with care and confidence.

1. Before You Begin

- ✓ Choose a private, safe setting
- ✓ Stay calm and non-judgmental
- ✓ Respect their pace and choices
- ✓ Have local helpline numbers ready

You are not there to rescue – you're there to listen safely.

2. Gentle Conversation Starters

"I've noticed you seem stressed lately – how are things at home?"
"You deserve to feel safe and respected. Is everything okay in your relationship?"
"Would you like to talk about what's been happening?"

Avoid: "Why don't you just leave?" or "It can't be that bad."

3. Listen and Validate

- Believe what they tell you
- Say, "That sounds frightening" or "No one deserves that"
- Avoid judging, fixing, or pressuring
- Thank them for trusting you

Your belief may be their first experience of being heard.

4. Explore Safety

Ask gently:

- "Do you feel safe right now?"
- "Is there somewhere safe you can go?"
- "Would you like to make a safety plan together?"

Practical tips:

- Keep essentials (ID, keys, meds) together
- Have a code word for danger
- Turn off location sharing
- Memorise key numbers

5. Support & Referrals

- Offer to connect them with a **DV support service**
- Mention **Clare's Law** (in SA) for disclosure checks
- Respect if they're not ready – keep the door open
- Check in safely later (avoid written messages if risk is high)

6. Key Contacts (Australia)

1800RESPECT: 1800 737 732 (24/7)

Lifeline: 13 11 14

Men's Referral Service: 1300 766 491

Police/Emergency: 000

SA Domestic Violence Disclosure Scheme: sa.gov.au/dvdisclosure

7. Remember

Safety is built through trust, not pressure.

Listen more than you speak.

Your calm presence can help someone take their first step toward freedom.

Healing Through Love

Because every conversation about safety can save a life.

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