



Spotlight Initiative
To eliminate violence
against women and girls



Safety planning for **violence against women** during the **COVID-19 pandemic**

Under the current COVID-19 pandemic, “isolation measures” could put women at further risk of violence. Safety planning is a way to think about how to stay safe in your home, community and in workplace no matter your migration status. A safety plan can help you anticipate and prepare for dangers if you are in an abusive situation or fear violence or harassment.

**A safety plan DOES NOT replace
urgently calling the police or other authorities for help
but will help you think in advance of what you might need.
Always call the police for urgent help when needed.**

To prepare for your safety, it is good to think about possible options you can take if you are in danger. If you already had a strategy which worked before the COVID-19 pandemic, check if that is still valid to keep you safe.

What to do:

- » Check to see if your **emergency contacts** - such as religious/community leaders, neighbors, family, friends or employers are able to support during the current COVID 19 situation.
- » Check to see if **helplines, shelters** are available during the current COVID 19 situation
- » Check if and how you can **travel to a safe place despite the travel restrictions** in your country. If you don't know ask women's organizations around you.
- » **Memorize important contact numbers** so that you can seek immediate help.
- » If you have children talk about the emergency escape plan in advance with them.

What you may need if you have to urgently leave:

- » If you need/decide to leave in an urgent situation, it is important to think about money, resources, documents and materials you might need.
- » **Save money** and hide it somewhere you can get to easily and quickly if you have to leave in a hurry. This can be cash or a credit/debit card with you, a friend or neighbor to top-up your phone, to pay transportation or other urgent needs.
- » Keep **your and your kids' ID and passports** at hand and hide them somewhere
- » Store things you might need (food, clothing, etc.) so you can get to them easily
- » Pack an **emergency bag** for yourself and hide it somewhere safe at a trusted neighbor's or friend's house.
- » **Turn off “Location”** on your cell phone and on all device apps that have a location finder, if you are thinking of leaving. Be aware of tracing by abusers online.

THINGS TO PACK IN YOUR EMERGENCY BAG

- » Identification, including photocopies
- » Passport, work permit, visas
- » Insurance and important documents
- » An extra set of keys for house, car and work
- » Cash, credit or debit card
- » Extra clothes and underwear
- » Sanitary pads, tampons, or diapers
- » Phone charger and if possible, a prepaid cell phone to use in emergencies
- » Medications you or your children use regularly
- » Important contact numbers

THINGS TO CONSIDER UNDER THE TRAVEL RESTRICTIONS

- » Transportation may be limited during a stay at home order during COVID 19. If possible, keep up to date on transportation availability.
- » During an urgent crisis, call a helpline, the nearest women's organization or the police.

OTHER POTENTIAL SAFETY STRATEGIES

- » Have a safe word or phrase with your friends and families to ask for immediate help without saying so directly.
- » Identify if there is someone the perpetrator respects that could work with him to stop his use of violence. Even if temporary might give respite.
- » Involve the local authorities, police or others.
- » Involve trusted or religious leaders.

THINGS TO KNOW IF YOU ARE A WOMAN MIGRANT WORKER

- » You have a right to safety and protection even if you are not a citizen of the country you are living/working in.
- » Call the nearest women's or workers' organization hotline, police, embassy, trade union, migrant center, health clinic or other services you need.
- » Ask for translation services when you seek services from the helpline, police, hospital or other services.
- » Link with peer support networks (women or workers' organizations) that can provide you with information and links to services.
- » Save the number of your Embassy and consular services: they are there to help you while abroad.

TO GET SUPPORT, CALL THE FOLLOWING NUMBERS

| COUNTRY | POLICE | SERVICES FOR SURVIVORS |
|-------------|--------|---|
| Cambodia | 1288 | 1280 (Helpline Number) |
| Indonesia | 112 | 081317617622 (P2TP2A) |
| Lao PDR | 191 | 1362 (Lao Women's Union) |
| Malaysia | 999 | 03 7956 3488 (Women's Aid Organisation) |
| Myanmar | 199 | 067 3 404 222 (Union Government) |
| Philippines | 177 | 0919 777 7377 (PNP Women and Children's Protection Center) |
| Singapore | 999 | 1800 777 5555 (AWARE) 6341 5535 (Home*) |
| Thailand | 191 | 1300 (One Stop Crisis Centre) |
| Viet Nam | 113 | 1900 96 96 80 (Viet Nam Women's Union) |

* Specialized for women migrant workers in Singapore.

This brief was produced by the programme "Safe and Fair: Realizing women migrant workers' rights and opportunities in the ASEAN region", part of the Spotlight Initiative to eliminate violence against women and girls, a global, multi-year initiative between the European Union (EU) and the United Nations (UN). Safe and Fair is implemented through a partnership between the ILO and UN Women (in collaboration with UNODC) with the overriding objective of ensuring that labour migration is safe and fair for all women in the ASEAN region. Visit <https://spotlightinitiative.org> for more information.