



SAVED Model

1 SAVED

SAVED is a simple, effective process model which will enable you to identify, safeguard and support victims of domestic abuse in 5 steps:

2 Safe

- ▶ Are they safe? Ask the question, this could be as simple as "Is there anyone at home you're afraid of?"
- ▶ Start conversations gently – You could ask about things you've noticed or that you're worried about. For example, "You haven't been in touch much lately. Is everything ok?" or "I've noticed you seem a bit down. Has anyone upset you?" or even "I'm worried about you, you seem scared."
- ▶ Remember victims may not recognise the term 'domestic abuse'.
- ▶ Talk about Safety Planning (see below).
- ▶ Be honest if you need to share information to keep them safe. Remember safeguarding outweighs consent when required.
- ▶ 'Think Family' when enquiring around safety, e.g. Are the children safe? Anyone else?
- ▶ Safeguard.

3 Ask

- ▶ Ask open questions and allow time to answer.
- ▶ Be sensitive.
- ▶ Be aware of surroundings, is it safe to speak?
- ▶ Think of short and long-term goals. Visualisation of the perfect life, what would that look like and work back from there.
- ▶ What would be the consequences for the victim doing something? This may help you understand barriers.
- ▶ Get as much information as you can. This may be the only chance.

“ Safe
Ask
Validate
Empower
Document ”

4 Validate

- ▶ Explain the abuse is not their fault.
- ▶ Recognise they will be impacted by the trauma they have experienced.
- ▶ Consider trauma bonding and the signs;
 - > Victim covers up or makes excuses for abusers' behaviour.
 - > Victim lies to friends and family about the abuse.
 - > Victim doesn't feel comfortable with or able to leave the abusive situation.
 - > Victim thinks the abuse is their fault.
- ▶ Ensure they know they are believed.

5 Empower

- ▶ No matter how hopeless they believe a situation is, there are always options.
- ▶ Never tell a victim what to do, suggest and give them the opportunity to take control.
- ▶ Discuss barriers which may be preventing them to keep safe and work together to overcome these.
- ▶ Keep showing up for the victim, trust can take time.

6 Document

- ▶ Listen to what the victim is telling you and document this.
- ▶ Are there children in the family? Consider their voice too.
- ▶ Complete a DASH with the victim and assess the risk to identify further support options.
- ▶ Document what you see, any marks, broken objects, body language and home environment.

Within all the above remember to safeguard. This is everyone's responsibility.

7 Consider trauma bonding and the signs

7 Safety points to discuss

Think about places of safety

Ask about the layout of the house so they could think about any places of safety.

If they had to leave in an emergency do they know where they would go?

Have a bag packed and ready

If they are still in the relationship and are thinking of leaving is it safe to have a bag ready and hidden? Can they leave this at a trusted friend/family/neighbour's home. This should contain medical essentials, important documents including passports/driving license, and a small amount of money.

Agree a codeword/sign to signal they're in danger

Can they set this up for family and friends to let them know by text/voice note/video call? If the code word is used, the trusted friend will be alerted to call the police. Teach the code to children who are old enough – they need to understand what they are asking and why.

Use a separate mobile

Do they need a separate mobile which they can use just to call for help?

Find the best times for contact

Ask if there are times that they know they can talk and agree how you will reach each other.