



Have a packed bag ready with all your important things. Keep it at home of a relative or friend, in case you need to leave your own home in a hurry.



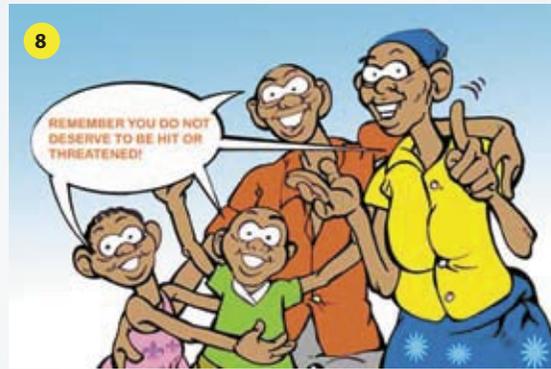
Devise a code word to use with your children, family, friends and neighbors when you need emergency help or want them to call the police.



Decide where you will go if you have to leave home and have a plan to go there (even if you do not think you will leave).



If the situation is dangerous, consider giving the abuser what he is demanding for to calm him down. You have the right to protect yourself and your children.



**REMEMBER, YOU DO NOT DESERVE TO BE HIT OR THREATENED!**

# Gender Based Violence

## How to make a safety plan



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## Background

Slum Aid Project (SAP) was started in 1991/2 by four female students then at Makerere University and was then named Katanga Project operating in Wandegaya (Katanga) a slum in Kampala.

In 1995, the name changed to Slum Aid Project (SAP) to encompass other slums and conduct a legal education program. SAP is a local women and child rights development organization registered in Uganda as an NGO under the NGO Statute with no political or religious affiliation.

The contextual changes above required the organisation to reexamine its core business and subsequently its vision and mission were revised.

**Vision:** “Slum communities in Uganda where people live and enjoy fair and dignified lives.”

**Mission:** “To strengthen the capacity of slum communities in Uganda (men, women and children) to challenge and effect sustainable positive change in their lives through research, capacity building and advocacy.”

To achieve the above vision & mission, fore core strageties are pursued.

Strategy	Objectives
<b>Capacity Building</b>	To strengthen the effectiveness of community based structures and groups to demand their rights and to articulate their development needs.
<b>Research &amp; documentation</b>	To generate and disseminate relevant information on Uganda’s slums
<b>Advocacy &amp; policy influence</b>	To influence policy formulation & implementation to reflect the rights & needs of slum communities
<b>Organisational development &amp; fundraising</b>	To strengthen SAP’s organisational infrastructure and policies to match SAP’s internal & geographical shifts as well as the long term fundraising partnerships

To achieve this, SAP is implementing two major programs in slums to fight against domestic violence and against child sex and exploitation. SAP strives to help women to resist domestic violence and other forms of human rights abuse. The sexual abuse and exploitation program SAP aims at empowering the girl child to fight for her rights and find alternative ways of living.

The organization, is committed to improving the lives of slum dwellers by helping them acquire the necessary skills, competencies, attitudes and knowledge to enable them effectively support their livelihoods and protect their human rights.

## What is Gender Based Violence?

Violence against women and girls include physical, sexual, psychological and economic abuse. It is often known as “gender- based” violence because it evolves in part from women subordinate status in society. Many cultures have beliefs, norms and societal institutions that legitimize and therefore perpetuate violence against women.

Two of the most common forms of violence against women are abuse by intimate male partners and coerced sex, whether in childhood, adolescence and adulthood. The most common intimate partner’s abuse known is domestic violence (wife beating and battering).

## Why make a safety plan?

The majority of women who are abused by their partners are abused many times so it is important for them to prepare how to avoid this repeated abuse. This can be done by undertaking the following steps :



Identify one or more neighbors you can tell about the violence, and ask them to seek help if they hear a disturbance in your home.



If an argument seems unavoidable, try to have it in a room or an area that you can leave easily. Stay away from any room where weapons might be available.



Practice how to get out of your home safely. Identify which doors, windows, elevators or stairwell will be best.