

The quiet documents and phone safety plan

A longer AWWN guide for quiet safety plan: practical steps, scripts, red flags and source links.



Use this guide if

- You need a practical next step, not a lecture.
- You want official links and community support routes in one place.
- You prefer a calm, culturally aware checklist.



How to read it safely

- Use only the sections that apply.
- Keep private notes secure.
- Ask specialist services for complex cases.



What it includes

- Practical checklists.
- Scripts and decision prompts.
- Official and community sources.



Limits

- General information only.
- Not personal legal, medical, financial or immigration advice.
- Last checked 20 Sep 2026.

AWWN designs guides for readers who may be balancing family expectations, privacy, language, migration admin, work and wellbeing. The aim is clarity without panic.

Control signs

Topic-specific actions for this article. Icons are matched to the section meaning rather than repeated decoration.



Documents

- Passport, visa/eVisa access, bank card or certificates withheld.
- Refusal to return items.
- Threats linked to status or family.



Phone and passwords

- Monitoring, forced sharing, location tracking.
- Someone else controls email recovery.
- Messages deleted or inspected.



Money

- Wages, benefits or bank card controlled.
- No private access to funds.
- Debt or costs used as pressure.



Movement and advice

- Prevented from work, study, GP, friends or advice.
- Someone insists on speaking for you.
- Fear increases when you ask questions.

Tip: choose one action today, one follow-up this week, and one source link to save for later.

Quiet safety plan

Topic-specific actions for this article. Icons are matched to the section meaning rather than repeated decoration.



Do not escalate risk

- Avoid confrontation if unsafe.
- Use a safe device or public service.
- Think before changing passwords visibly.



Evidence folder

- Photos/scans where safe.
- Dates, messages, names and reference numbers.
- Store away from monitored phone.



Trusted routes

- Modern Slavery Helpline.
- Domestic abuse helpline.
- Rights of Women or regulated advice.



Immediate danger

- Emergency services if needed.
- Public safer place if possible.
- Do not warn the controlling person.

Tip: choose one action today, one follow-up this week, and one source link to save for later.

خطة هادئة لحماية المستندات والهاتف والمال

إذا كان شخص يحتفظ بجوازك أو هاتفك أو مالك أو كلمات المرور بطريقة تقلل اختياراتك، فخذ الأمر بجدية. لا تواجهي إذا كان ذلك قد يزيد الخطر. ابدئي بخطة هادئة: نسخ أمانة من المستندات، أرقام موثوقة، بريد خاص إذا كان آمناً، واستشارة جهة متخصصة.

خطة هادئة



- لا تواجهي إذا كان الخطر سيزيد.
- احفظي نسخاً آمنة حيث يمكن.
- استخدمي جهة متخصصة أو جهازاً آمناً.

علامات السيطرة



- حجز الجواز أو البطاقة أو الهاتف.
- التحكم في المال أو كلمات المرور.
- منعك من النصيحة أو العمل أو الدراسة.

تذكير



- المعلومات عامة وليست نصيحة فردية.
- اختاري ما يناسب وضعك فقط.
- احفظي الملاحظات في مكان آمن.

مصادر ومساعدة



- استخدمي الروابط الرسمية عند الحاجة.
- اطلبي جهة متخصصة في المسائل القانونية أو الصحية أو الهجرية.
- لا تشاركي بيانات حساسة في مجموعات عامة.

GOV.UK: National Referral Mechanism guidance

Migrant Help

GOV.UK: passports

Modern Slavery Helpline

Rights of Women

National Domestic Abuse Helpline