



Get SAFE

Support After Financial Exploitation

Get SAFE Guidance Sheet

How to Speak Safely to Power

Protect your case. Protect yourself.

Why this matters

Many victims lose their cases **not because they are wrong**, but because **the way they speak triggers the system to defend itself**.

Courts, regulators, and institutions are not built to hear truth in ordinary human language — especially when that truth threatens authority.

This guide helps you **stay safe long enough for truth to matter**.

The Golden Rule

State facts.

Ask for proof.

Let the court characterise the conduct.

Do **not** accuse.

Do **not** explain motives.


Do **not** name crimes.

What the system punishes (even when you are right)

Avoid language that:

- Accuses anyone of **fraud, theft, corruption, forgery, conspiracy**
- Attributes **intent or motive** (“they engineered this”, “they covered it up”)
- Uses emotionally accurate but legally unsafe words:
 - “fake”, “manufactured”, “hijacked”, “criminal”
- Collapses **multiple issues** into one document

- Repeats the same allegations after silence or rejection

 These trigger:

- credibility damage
 - defensive responses
 - injunctions or contempt risk
 - focus on *you*, not the evidence
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What the system will hear safely

Use language that:

- Describes **what happened**, not why
 - Uses **dates, documents, numbers**
 - Poses **questions**, not conclusions
 - Requests **disclosure**, not punishment
 - Raises one issue at a time
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Unsafe vs Safe Language (examples)

Unsafe

“The bank committed fraud.”

Safe

“I dispute the validity of the alleged debt and request documents showing when funds were advanced and to which account.”

Unsafe

“They deliberately altered documents.”

Safe

“The document dated [date] differs from the version disclosed on [earlier date]. I seek an explanation for these differences.”

Unsafe

“This has destroyed my life.”

Safe

“Since [year], I have experienced housing loss and health deterioration, supported by the attached medical evidence. This is relevant to proportionality.”

One Issue Rule

One document.

One issue.

One request.

Example:

“I request disclosure of bank statements showing any advance of £X relied upon in this claim.”

If you feel unsafe, threatened, or overwhelmed

Do **not** put this into court papers.

Use:

- Emergency services (999 / 101)
- GP or crisis support
- Safeguarding or advocacy channels

Courts are **not** designed to assess danger.

Remember

- Being right is not enough
- Being safe keeps you in the process
- Silence from institutions does **not** mean guilt
- Repetition can be treated as harassment

This is not your failure.

It is a **design flaw of the system**.

Get SAFE takeaway

Tell the truth —

but tell it in a way the system cannot punish you for.

Get SAFE exists to help you:

- protect yourself procedurally
- keep your case alive
- survive long enough for truth to matter

If you want next steps, Get SAFE can help you:

- rewrite unsafe language
- prepare court-safe documents
- slow things down safely
- regain control of the process

You are not alone.