



# Get SAFE

Support After Financial Exploitation

## Get SAFE Guidance Sheet

### How to Speak Safely to Power

**Protect your case. Protect yourself.**

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#### 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**.

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#### 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.

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#### 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.”

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 **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.”

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 **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.”

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### **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.”

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### **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.

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### **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**.

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### **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

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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.