

SAFETY PLANNING

HELPING
YOU TO STAY
SAFE AND
KNOW YOUR
RIGHTS

ENCOMPASS NETWORK
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SAFETY PLANNING...

This booklet aims to help you stay safe and know what your rights are. The booklet highlights the different risks you may face while you are selling/exchanging sexual activity, and looks at safety tips and strategies you might already use, and some you might not. These tips and strategies have been informed by women who are or have been involved in selling or exchanging sex or images.

We understand that sometimes women cannot use the safety tips or strategies even when they want to, for many different reasons. It is important to know that if you are harmed, whether you use the safety tips or not, it is never your fault, and is always the fault of the punter, you always have the right to be safe and feel safe, violence and abuse is never acceptable regardless of whether you are being paid for sexual activity.

WHO IS THIS BOOKLET FOR?

This booklet is aimed at anyone who is selling/ exchanging sexual activity, and there are many ways this happens, so not all the information in this booklet may apply to you. Just take from it what might be helpful for you. We use the term 'punter' in this booklet but you may use a different term such as 'client' or 'customer'.



BEFORE – BE PREPARED

LISTEN TO YOUR GUT INSTINCT

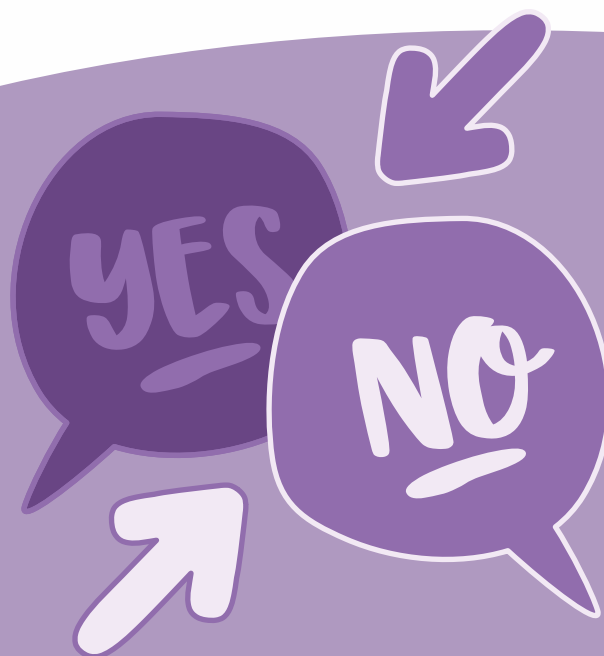
- Trust your instincts (your gut feelings), a punter may 'look' fine but if you are unsure about someone, even if you don't know why, go with your instinct, it could protect you from sexual or physical harm.

WHAT YOU OFFER

- If it is possible, clearly explain what your services are, your limits and prices. You should never be forced to do anything you do not consent to. If a punter requests anything you are not comfortable with, you can say no. This includes sexual acts, financial agreements and locations.
- Consent is the law, it is giving permission for something to happen. Just because you are paid to have sexual contact with someone does not mean they do not need your consent. You still have a right to say no, stop if it is uncomfortable, painful, unsafe or no longer want to continue for any reason. If a punter does not respect your consent then this can be a crime, such as a sexual assault/rape, and you have a right to report to the police. (see more on pg 11 on Reporting).

CHECK OUT THE PUNTER (IF YOU CAN)

- Whenever possible, put in place time to screen punters. We understand that sometimes this is not possible. Note down as much information on a punter as possible (height/hair eye colour/tattoos) as well as the contact information in case you need to later report a crime.
- You can screen phone numbers through third-party reporting apps like [National Ugly Mugs](#) (NUM) and [Client Eye](#) which allow you to anonymously report abusive punters and receive warnings about dangerous punters.
- Dependent on how punters contact you, consider not take bookings from withheld numbers and from anyone with suspicious profiles.
- Look out for poor spelling on text/email/messaging or slurring words or delayed responses when arranging to meet someone as this might indicate that they are drunk and/or under the influence of drugs, making them more unpredictable.



PLAN YOUR EXIT

- If you are doing an outcall or are on the street in an unfamiliar area, search the address using **Google Maps** to give you an idea of what's there. Pinpoint key landmarks such as pubs and shops. Avoid meeting in isolated areas if possible.
- Plan a safe exit from your home, consider additional home security options such as a spy hole in your door to check that no one is on the other side, and/or a secure buzzing system and a door chain.
- Wherever you are, try and map out a safe exit route in your head. Be aware of the main entrances and exits as well as nearby safe places. Google Maps Street View can help with seeing where doors/exits are.

PERSONAL SAFETY - ALARMS AND PHONES

- Carry a personal safety alarm and use it if/when you need to. Keep it handy, a coat pocket or pocket in your handbag where the cord is easy to get to. If you do use it, throw the cord away so it can't be put back in easily.
- Carry a mobile phone with credit on it if you can. You can pre-programme it with emergency numbers (police/trusted person) so you can easily call for help if you need to. Keep it handy where you can get to it quickly at all times. Remember that it is free to call emergency numbers if you do not have credit. Use it if you need it.


YOUR HEALTH

- Consider regular appointments with your local Sexual Health Clinic for free contraceptives, lube, wipes, STI/BBV tests and general chat/ health advice.
- If you do not have symptoms of an STI but would like to have peace of mind, you can also get self-test kits for Chlamydia and Gonorrhoea through NHS clinics which can be sent out to you in the post.
- Emotional health and mental health are just as important as physical health and there are many ways you can look after your mental health (check out pg 14 for ideas).



DURING – BE AWARE

THINGS TO CONSIDER

- Be aware of your surroundings, where you are, where the best escape routes or doors are. Try to make sure that the punter isn't between you and your exit/door.
- Look out for potential dangers, be aware of where the punters hands are and what he is doing at all times. If you are indoors, use mirrors/reflections to see behind you if you can. If possible place large mirrors around the room so you can see what is going on all the time.
- Never leave keys in a lock or where someone can see them, as you might get locked in. In a car look out for central locking. In the car you may be able to put the window right down if central locking is in place. If needed car headrests can be pulled out and used to break windows.
- Confirm costs and take money first. Put the punter's money away but not in the  place as your other money, so if you get robbed you won't lose all your money.
- Watch out for hidden cameras in punters hotel rooms/homes and on their mobile phones.
- If you don't meet people within your home, try if possible, not to tell a punter information which might lead to them knowing where you live or your address.
- If a punter unexpectedly brings someone with them do not allow them into the room or your home, as this may make you more at risk. You can call the police if they do not leave.
- Don't carry a weapon/or personal safety devices (apart from a personal safety alarm) as these are illegal in Scotland and can be taken off you and used against you by a punter.

- If you can, let someone (trusted person) know where you are, who you are with and how long you should be. Let the punter know you have shared this information, even if you haven't. Agree with your trusted person beforehand who they should contact and what they should do if you do not return on time.

IF YOU ARE ON THE STREET

- If you can, be near others who can write car registrations or car details down in case you do not come back when planned. Wave to them before you get in and make sure the punter sees you do this.
- Consider using an app like 'Hollie Guard' which helps you send information to a trusted person if you are alone, or text the registration number to a trusted person and tell the punter you have done this.
- Make sure you can clearly see in the back seat of the car before you get in, to ensure that there isn't anyone hiding or an aggressive dog.
- Stick to well-lit busy streets if you can. When walking/standing on a street face oncoming traffic so you can clearly see when someone pulls over. If you need to run or walk away, do so in the opposite way of traffic so the car cannot easily follow you.

IF YOU'RE AT HOME

- If you can, keep your bedroom as a separate space to where you see punters. If you have to use your own room try to use separate bedding if you can. If it is in your bedroom ensure no personal information/photos are around. The same with the bathroom. Keep medicines and other personal effects out of sight. Be very aware of anything that could be used as a weapon and remove them from spaces that a punter may use (strappy bags, belts, scarves, heavy objects, razors).
- If possible ask the punter to go to a place where they can be seen from your property (car parking/pavement) before you disclose exact details of where you are, this will give you a chance to see them and ensure they are alone. Remember if you instinct/gut tells you to cancel, do it.
- Place mirrors around the room so you can see the punter even when you are not facing them.
- Ensure that the punter is never between you and the door, don't leave your door keys in the door or somewhere the punter can see them, but keep them somewhere you can get to them quickly.
- Ensure you take the money when they arrive and take it to another room. You may want to tell the punter that you are going to give it to your friend/boyfriend in the next room. When you go to put your money away, speak loudly so that the punter thinks there is someone else in even if there is not.
- If you have children make sure they are not home when punters are there.

DRUGS AND ALCOHOL AND SPIKING

- Try to avoid meeting punters when intoxicated or high as this can stop you being fully aware of what the punter is doing. Alcohol and drugs can dull your instincts and make you more vulnerable. If you do have to use alcohol/drugs use only the amount you need to keep you out of withdrawal (stable). Don't let the punter know if possible, that you use, as that might make you more at risk.
- Spiking of food/drink/drugs; it is very risky to eat or drink anything which you didn't see prepared from the beginning. Preferably you want to see the food/drink opened in front of you. Try not to take drugs from a punter as you don't know what is in it/cut with.



WHAT YOU WEAR

- Try not to wear anything that can be used against you/choke you; scarfs, strappy over the shoulder bags, thick necklaces, belts, dangly earrings or earrings that could easily be torn out if pulled. Be aware that body piercing(s) are harder to remove (get pulled out) and so can be dangerous, so consider removing them. Tie long hair up if you can.
- Be aware of sharp nails or sharp jewellery as these can damage condoms.
- Remove valuable or sentimental jewellery, in case you are robbed. If you are robbed, this is a crime and you have the right to report to the police (see pg 11 for more information).
- Wear clothes that you can easily get on/off/keep on so you can get away quickly if you need to.
- If you need to take trousers/pants off, take them fully off, it's hard to get/run away with clothing restricting your movement.
- Keep your safety alarm/phone close so you can still get to them during sexual activity even if bags/clothes are removed.
- If you need glasses or contacts, wear them. Not being able to see can increase risk.
- If certain types of clothing (bondage) or piercings is part of your service then set very clear boundaries on what the limits are and stick to them.


WHILE WITH PUNTERS

- If possible use positions which ensure you are not underneath. This enables you to be more in control and may enable you to easily move and change positions if you are uncomfortable or leave if you feel unsafe.
- If you agree to a position where you are underneath try to ensure your hands are free. If you can't see the punter at all (from behind) use reflective surfaces or mirrors so you can still see their hands. If the punter wants a position which feels unsafe, you can say no, but we understand that this is sometimes not possible.
- You may want to be very clear about never accepting some sexual acts which make you more at risk of harm such as being tied up, biting, choking and spitting. These activities all carry significant risks to you and your safety and health, making you vulnerable to harm and STI/BBV.
- During sex regularly check the condom to ensure it is still intact and hasn't been removed by the punter without your knowledge. This is called stealthing and is a criminal offence in Scotland and you can report to the police.



IF YOU ARE ONLINE

SECURING YOUR SOCIAL MEDIA

- Consider setting your personal Facebook, Instagram, and Twitter to private.
- Be mindful when using images from your own personal social media on your camming platforms as a reverse image search on Google can lead punters to your personal accounts.
- Be mindful of what's in the background of images on your social media as Google Lens can be used to identify locations.
- Consider using a profile picture on social media that doesn't show your face.
- The "People You May Know" feature on Facebook makes suggestions based on phone contacts. This means if a punter has your number stored in their phone, your personal profile may show up in their suggested friends which puts your privacy at risk. Have a look to see if the mobile number you use to contact punters is linked to your personal Facebook and think about removing it.
- Consider using a nickname on your personal social media instead of your real name.
- Have a think about the passwords you use for your accounts and whether they are strong enough. You can use the site  I Been Pwned? to check whether your accounts associated with a specific email address have been breached.

PROTECTING YOUR INFORMATION AND CONTENT

- If you webcam or use private galleries, consider creating a fake name or alias.
- Most camming platforms and private galleries offer geoblocking, meaning that you can block viewers from specific locations (e.g. your town or city) which gives you control over who can view your content.
- Consider setting up a new email address for use on camming platforms and private galleries.
- Hide your IP address by using a Virtual Private Network (VPN), especially if you interact with punters over email.
- Be mindful of clicking links sent to you by punters as this could be an attempt to phish your IP address which can give out your approximate location.
- Be aware of your surroundings when camming or taking pictures. Is there anything distinctive in shot that may give information about your location?
- If you use a wireless keyboard while camming, ensure that you do not log in to any personal accounts when the keyboard is visible on camera.
- Avoid chatting about local current events or noteworthy weather with punters as this may give away your approximate location.



- Be as vague as possible when chatting with punters and ensure you do not give away too much personal information (e.g. your real name, your real birthday, which university you attend, information about your family). If a punter continually asks for personal information, and this makes you uncomfortable, consider reporting him to the platform and blocking him if you are able to do so.
- Consider using camming platforms and private galleries with established terms of service which prohibit the transmission of images and videos to other sites. This means that if someone posts your content on another platform, you may have some support in having it removed. Consider chatting to other women that can or use private galleries to find out what platforms they use or would recommend.
- You may want to consider watermarking your images and videos in order to help prove that content is yours. Make sure to place watermarks on an area of the image or video that is difficult to crop out.


RECEIVING PAYMENTS AND GIFTS

- Be mindful when accepting payment through PayPal as the punter may be able to see your real name on your account. Punters can also have their payment reimbursed if they can prove that the money was paid in exchange for sexual entertainment as this is against PayPal terms of service.
- If using Amazon Wishlist to receive gifts, consider setting up a PO box as your address may be included on punter's receipts.



WHAT TO DO WHEN IN DANGER/ HARASSED OR YOU HAVE BEEN HARMED


WHEN IN DANGER

We all react differently when we feel we are in danger and sometimes we do not react the way we think we might. When  are in danger our brain's survival instinct takes over and sometimes the decisions our brains make wouldn't be the ones we think we would make. This is normal and your reaction is normal, your brain is trying to make sure you survive. If you are unable to put in place your safety plan when you feel you are in danger, it is because your brain has decided there was a safer way for you to get through the situation. Sometimes the way we react to danger can make us feel negatively about ourselves and if you need to speak to someone about these feelings there are organisations there to listen (pg 15).


- Use your personal alarm or phone if you can. You can dial 999 for free on any phone.
- If you can walk/run away do so, rather than physically defend yourself.
- Make noise if you think it will help, shout, scream, bang on walls, whatever you can do – often shouting 'fire, fire' attracts more attention.
- If you feel the need to physically defend yourself, and it's safe to do so, go for the eyes, throat, groin and ears.



IF YOU HAVE BEEN HARMED OR FEARED BEING HARMED

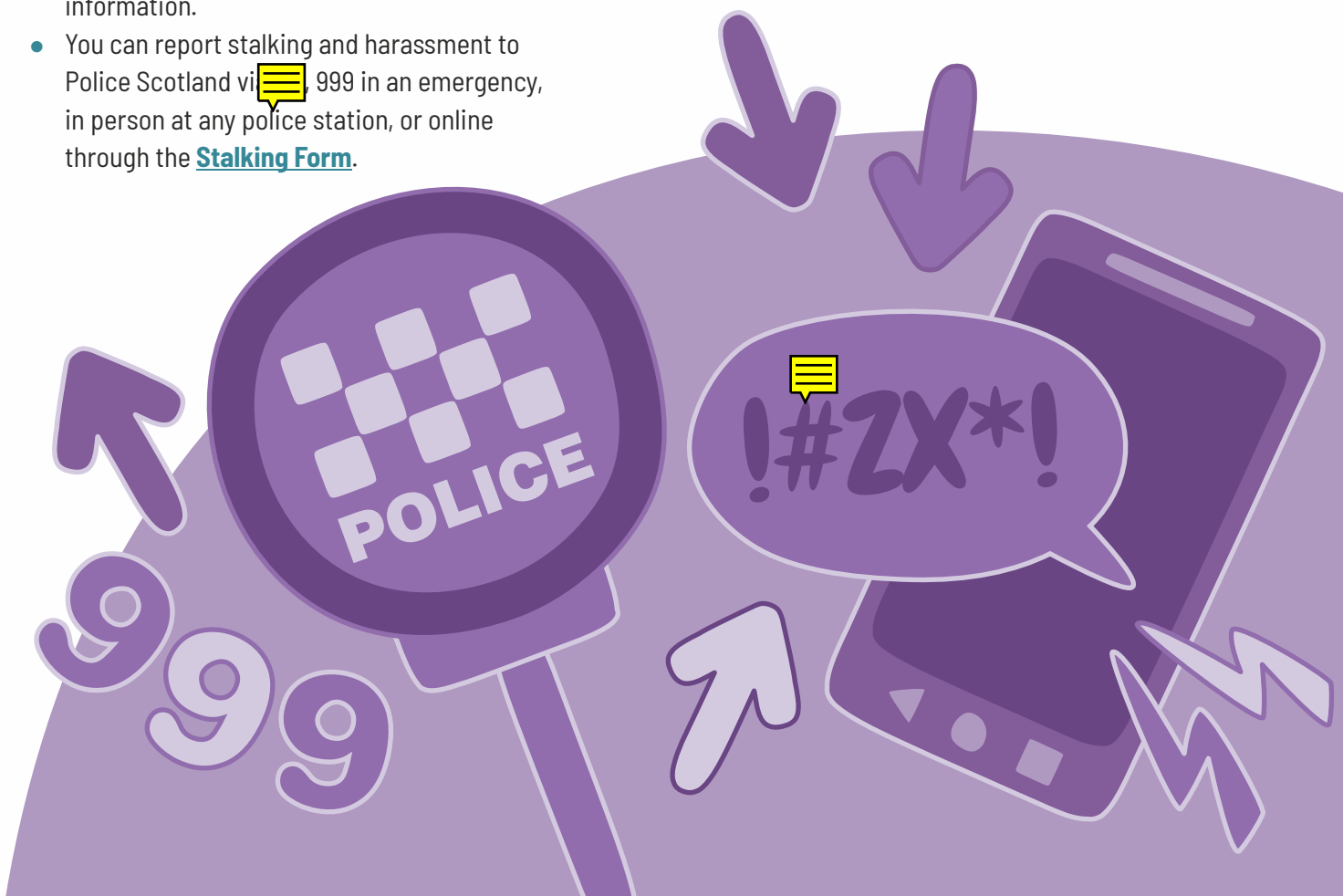
- As soon as you can write down as much information as you can on the abusive punter; name, contact info (email/phone), car make/registration/colour, height, hair and eye colour, distinguishing features (scars, tattoos). Sometimes you might not remember much and that is okay.
- Consider reporting to **National Ugly Mugs** or **Client Eye** for them to share this information with others involved in selling/exchanging sexual activity.
- Consider reporting to the police. Violence is never acceptable and never your fault.
- If you don't want to report to the police consider anonymously reporting using third party reporting processes.
- If you decide to do none of the above and would just like support to process what has happened Encompass Network members, members of Rape Crisis otland and Victim Support Scotland can provide this.

HARASSMENT & STALKING

- In Scotland, if a punter or anyone else relentlessly harasses you over the phone, in person or through social media - this is a crime.
- If a punter or anyone else repeatedly threatens to publicly out you to your friends, family, or employer - this is a crime.
- If a punter or anyone else repeatedly turns up uninvited at your home or place of work or follows you in public - this is a crime.
- Police Scotland view persistent unwanted contact and threats of publishing material without consent as Stalking Behaviours. Stalking is a course of conduct which causes you fear or alarm on two or more occasions.
- It is important to keep evidence of any threatening behaviour. You can use the [FollowItApp](#) to keep track of incidents. It is a secure way for you to build a log of evidence and it is your choice what you do with this information.
- You can report stalking and harassment to Police Scotland via  999 in an emergency, in person at any police station, or online through the [Stalking Form](#).

VIOLENCE AND THE THREAT OF VIOLENCE IS NEVER ACCEPTABLE

You have the same right as everyone else to be free from fear, intimidation and violence. Violence against you is never acceptable. It is never your fault. The punter is always to blame. The police will take your report seriously and your involvement in selling sexual activities will not influence the outcome of the report. Police Scotland have specialist police officers who have been trained to understand and respond to your individual needs. Encompass Network members or members of Rape Crisis Scotland can support you through this process.




SEXUAL EXPLOITATION AND TRAFFICKING

Every year many people; men, women and children are trafficked into, or around, Scotland. In many cases this is for the purpose of sexual exploitation. If you have been physically hurt, threatened, blackmailed, abducted, coerced or paid in goods or money to be moved anywhere for the purpose of selling sexual services then you have been trafficked. Trafficking is not always from country to country, it may be from city to city or even to a different property in the same locality. Trafficking is an offence in Scotland and if you have been moved you may be a victim of trafficking. You may be able to receive support from the Scottish Government to find safety via [TARA](#).



ROUTES OUT OF SELLING/ EXCHANGING SEXUAL ACTIVITY

For some women involved in selling sexual activity it can be due to feeling like there is a lack of alternative choices in their lives. Some women are exploited or forced by others to engage in sexual acts for some form of exchange, financial or otherwise.

We understand that it can be a difficult or impossible to see yourself exiting for many different reasons a  the [Encompass Network](#) and other organisations provide support regardless of whether you want to exit or not. You have a right to support when you need it, you have a right to talk about your feelings and your emotional well-being, and you have a right to make your own decisions free from judgment and fear.



SELF CARE

There are things you can do to help you manage any difficult feelings and reactions you may have:

- Avoid isolating yourself. It is natural to want to cut off but this can make things worse. Try to connect with people you trust and enjoy being with. Think about getting support from a service where you are safe to speak without fear of being judged or disbelieved.
- Often it helps to focus on day-to-day things that are easy to do like watching TV, playing computer games or a familiar sport or hobby.
- Try to cut down the stress in your life so you are not under too much pressure at work or at home. Relaxation exercises including breathing deeply can be helpful. It may help to write things down or draw or paint, depending on your interests. Try to keep some kind of routine as this can make you feel stable in the face of traumatic stress.
- Look after yourself physically. Try to get plenty of sleep. Have a routine. Exercise every day as this also helps you feel better and to sleep better. Eat a well-balanced diet. Eating little and often may help you to avoid over- or under-eating. Reduce or avoid using alcohol and drugs. They may help you feel better in the short-term but can lead to long-term problems.
- Give yourself time to rest and relax. There are many different relaxation techniques such as deep breathing, mindfulness, listening to music and reading.
- Exercise reduces stress, is good for your physical and emotional health and makes you feel better. A short walk every day can make a big difference; even housework. Swimming, cycling, going to the gym, aerobics, dancing... whatever you fancy.
- Be kind to yourself. Remember how you are feeling is a normal response to an experience which has overwhelmed you because you have felt unsafe. Many people judge themselves for what happened or for how they are affected. For example, 'If only I hadn't done that' or 'Why am I not over it by now?' Remember your needs are important and how you speak to yourself can affect you and how you think about yourself.



USEFUL CONTACTS

If you need the Police, Ambulance or Fire Service in an emergency call 999.

Police - 101



NHS 24 - 111 - Please use this number for both physical and mental health (you will be directed to local services)

Trafficking Awareness Raising Alliance (TARA) - 0141 276 7724

Refugee Council - 0141 248 9799 (Advice and support for refugees or people seeking asylum)

Scottish Women's Rights Centre - 08088 010 789 (Free legal information and advice for survivors of Gender Based Violence)

Rape Crisis Scotland Helpline - 08088 01 03 02 (6pm-Midnight 7 day a week)

Scottish Women's Aid - 0800 027 1234 (support with domestic abuse/control)

Samaritans - 116 123 (support with depression and suicidal thought, Free to call)

Breathing Space - 0800 83 85 87 (Free confidential phone service for anyone experiencing low mood, depression or anxiety)

Alcoholics Anonymous - 0800 917 7650 (support with alcohol dependency)

Narcotics Anonymous - 0300 999 1212 (support with drug dependency)

Revenge Porn Helpline -
help@revengepornhelpline.org.uk

Shelter Scotland - 0808 800 4444 (support with homelessness)

Domestic Abuse Helpline - 0800 027 1234 (support with domestic abuse/control)

Crimestoppers - 0800 555 111 (Calls by mobile will show on an itemised bill)

In Care Survivors Service Scotland - 0800 121 6027 (A support service for adults who suffered childhood abuse in care)

Sexual Health Scotland - 0800 22 44 88 (Find a local sexual health clinic in your area)

Scottish Child Law Centre - 0131 667 6333 (Legal advice for children and young people under the age of 21)

LGBT Youth Scotland Domestic Abuse Project - Text chat 07786 622 370 (support for lesbian, gay, bisexual and transgender young people and their friends with domestic abuse/control)

Encompass Network - www.encompassnetwork.info

Victim Support Scotland - 0800 160 1985

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SAFETY PLANNING



www.encompassnetwork.info

