

# Your First Steps

## A Simple Evidence Log

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*A low-effort, trauma-friendly way to record what's happening — while protecting your safety. You don't need a perfect log. You need something you can actually keep up.*

### A quick note, because this is hard

If you're reading this, you may be carrying a lot of fear, confusion, and exhaustion — and that constant “am I overreacting?” loop. You're not overreacting. And you don't need a perfect log. You need a reliable, repeatable way to capture what's happening while protecting your safety and wellbeing.

This template is designed to be:

- **Low-effort** — two to five minutes per entry.
- **High-impact** — useful for police, safeguarding, school, GP, solicitor, court, and complaints.
- **Trauma-friendly** — because memory frays under stress.

### What this log is for

This is your operational record: a factual timeline that shows patterns. It can help you demonstrate escalation and frequency, respond to “no evidence” or “no risk” decisions, support safeguarding concerns, show that you did report and did engage, and protect yourself against being misrepresented.

#### **Safety first — non-negotiable**

**Only log if it doesn't increase your risk.** Practical options:

- Use a notes app with a passcode or biometric lock.
- Email entries to a safe account they can't access (a new account, logged out on shared devices).
- Store copies in a cloud account they don't know about.
- If your devices may be monitored, use a paper log kept outside the home.

Don't announce that you're keeping a log, and don't use it to confront or argue. This isn't a debate tool — it's a protection tool.

## The rule: keep it boring, factual, consistent

Write as though you're briefing a professional who doesn't know you. For each entry, aim to capture: the date, time, and location; what happened (with exact words in quotes if you can); who witnessed it; the impact or risk; what you did next; and any evidence you hold, and where.

## The template

Copy this into a notes app, document, or paper page and repeat it for each incident. A blank table is below — print it, or add a new row each time.

Your name: \_\_\_\_\_

Child(ren) / others at risk: \_\_\_\_\_

Start date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

Date & time	Location	What happened (facts + exact words if possible)	Who was present / witness	Impact / risk	Action taken	Evidence held (where)

## Evidence counts more than you think

Things you can log and keep include:

- Screenshots of messages, call logs, and app notifications.
- Emails and letters.
- Photos of damage, injuries, or stalking evidence.
- GP, hospital, school, or safeguarding records.

- Messages from witnesses (“I heard him shout...”).
- Signs of financial control (bank screenshots, blocked cards, coerced debt).
- Harassment patterns (drive-bys, unknown numbers, fake accounts).
- Factual observations of the impact on children (disrupted sleep, anxiety, school refusal).

## Optional add-ons

If you can manage it, add a line under any entry to note:

- **Pattern link** — “third incident this week.”
- **Control tactic** — isolation, intimidation, surveillance, financial, legal threats, child-related threats.
- **Risk marker** — threats involving strangulation or weapons, stalking, suicide threats, or clear escalation.

## A realistic routine

Keep it simple: one entry per incident, without overthinking it. Once a week, take ten minutes to tidy up — add any missing dates, attach screenshots, and label files. A clear file-naming style pays off later, for example:

2025-12-12\_2130\_Threats\_TextMessage.jpg

### If you need support

**Emergency:** 999. **Non-urgent police (UK):** 101.

**National Domestic Abuse Helpline** (24-hour, run by Refuge): 0808 2000 247.

If you believe your device is monitored, prioritise your safety and seek specialist domestic abuse support before creating any digital records.

*This survivor-led resource is provided by NAAVoices.com for advocacy and information. It is not legal or medical advice and does not replace the guidance of a qualified solicitor or specialist. Always consult an appropriate professional about your own situation.*