

Community Protection and Safety Planning Resources

Strengthening Safety, Preparedness, and Community Resilience

One Love Sisters Ghana (OLS) is committed to helping individuals and communities stay safe through practical protection resources, community education, and coordinated support systems.

Safety planning is an important part of preventing harm, responding to emergencies, and ensuring individuals can access the support they need during times of crisis. Whether someone is experiencing violence, facing discrimination, navigating an emergency, or simply looking to strengthen their personal safety, having a plan can make a meaningful difference.

Through our protection initiatives, OLS works to strengthen community resilience by providing information, referrals, and practical tools that promote safety, preparedness, and wellbeing.

Our Community Protection Resources

Personal Safety Planning

We support individuals to develop practical safety plans that help them prepare for potential risks and emergencies.

Safety planning may include:

- Identifying trusted support persons.
- Creating emergency communication plans.
- Preparing emergency contact information.
- Knowing where to access health, legal, and psychosocial services.
- Planning safe transportation during emergencies.
- Understanding available community resources.

Gender-Based Violence Response

Survivors of violence deserve timely, confidential, and compassionate support.

OLS helps connect individuals to appropriate services through coordinated referrals, including:

- Psychosocial support
- Healthcare services
- Legal assistance

- Emergency shelter referrals
- Protection services
- Ongoing case follow-up

Our survivor-centred approach prioritizes confidentiality, dignity, and informed choice.

Tele-Nursing and Health Support

Access to health information should not depend on location.

Our tele-nursing programme helps connect community members with trained healthcare professionals who provide:

- Sexual and reproductive health information
- General health education
- Referral guidance
- Preventive health information
- Navigation to appropriate healthcare services

Tele-nursing complements our broader community protection approach by helping individuals access trusted health information early.

Community Safety Education

We work with communities to strengthen awareness around:

- Personal safety
- Consent and healthy relationships
- Violence prevention
- Digital safety
- Mental wellbeing
- Emergency preparedness
- Community referral pathways

Education empowers communities to identify risks early and respond safely.

Mental Health and Psychosocial Support

Experiencing violence, discrimination, or crisis can have lasting emotional impacts.

OLS collaborates with trained professionals and referral partners to improve access to:

- Individual counselling
- Peer support
- Healing sessions
- Psychosocial referrals
- Community wellbeing initiatives

Supporting emotional wellbeing is an essential part of long-term protection.

Building Stronger Community Protection Systems

Protection is most effective when communities, institutions, and service providers work together.

OLS collaborates with:

- Community leaders
- Healthcare providers
- Civil society organisations
- Mental health professionals
- Legal service providers
- Social welfare institutions
- Humanitarian and development partners

Together, we strengthen referral pathways and improve coordinated responses for individuals requiring support.

Our Commitment

We believe everyone deserves to live in safety, access services without fear, and receive support with dignity and respect.

Through community education, safety planning, tele-nursing, survivor support, referrals, research, and partnership building, One Love Sisters Ghana continues to strengthen protection systems that place communities at the centre of every response.