

This is a crucial part of support for Children and young people who have witnessed or experienced domestic abuse, the resource is self-explanatory, just follow the steps for safety planning and explore in detail for each area (home, outside, etc.) Some young people like to do “their own safety plan”, by following this one, they usually put it in a card format so that they can keep in their pocket, as a prompt of what to do in case they forget or are too nervous to think.

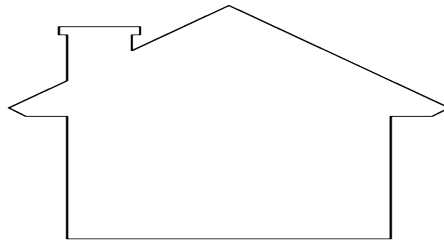


My Safety Plan

It is important for everyone to have their very own safety plan so we can stay safe at all times! You may not ever need to use this plan but it is always better to have one, just in case.

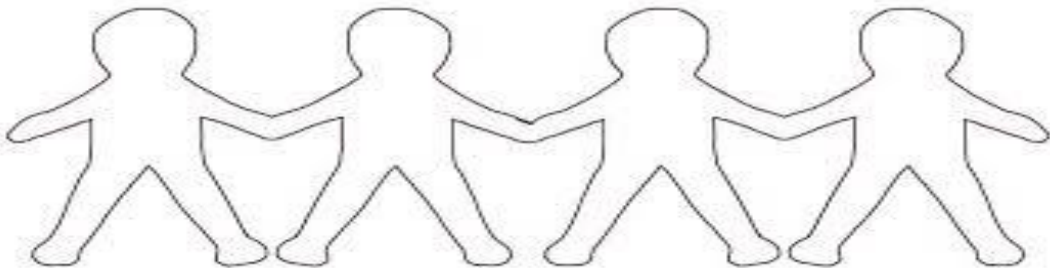
Home

If you ever felt scared at home it is important to get somewhere safe, where would your safe place be?



People

If anything was happening to you that made you feel scared, who could you tell?



Outside

With your worker can you think of ways to stay safe if you were away from home? Fill in the scene with your answers...



It is always good to make sure we would know what to do if there was an emergency.

Do you know the phone number you would need to call if there was an emergency?.....

You would then need to tell them what emergency service you needed...



They would then need to know what is happening, why may you need to call them?.....

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They would like to know your name....., your age..... and your address.....

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Have you ever had to call an emergency service before? If not, don't worry, we can practice now!

