

Young Person's Safety Plan

This plan records how to keepsafe

- you have a right to be safe and cared for in a safe place agree
- violent words and actions at home are not your fault agree
- you cannot stop the violence agree

To protect yourself you can break rules, like: say no, shout, kick and scream if you need help, also:

.....
.....

1. The best thing you can do when there is violence at home is get out of the way: **agree**

To be safe I can do things:

- Get out of the room where the violence is occurring
- The room / place in my house where I feel safe is
- There is a lock on the door yes / no

2. The nearest telephone is

If it is safe I can telephone **999**, ask for the police. I will need to say:

- My name
- My home address
- What's happening

3. People I can trust in an emergency are:

.....
.....

A code word so they know I need help is

4. My brothers and sisters:

- Have a safety plan too, that I know **yes / no**
- They know my safety plan **yes / no**

5. If we leave the house I would like to go to

I have a bag of things that are important to me at (safe relative / friend's house)

6. If I am hurt I will tell (including telephone numbers)

If my mum is hurt I will tell (including telephone numbers)

7. I can talk about how I feel with (including telephone numbers)

8. The people who know this plan are:

• Mother

• Safe relative / friend

• Teacher

• Social worker

• Others

9. I can't stop the violence but I can do these things to keep safe agree

Signed Date

Mother Date

Practitioner Date