**Safety Planning with Young People-Harm Outside the Home**

**Keep in mind:**

- For a safety plan to work it’ll need personalised answers, with information the young person and their network can use.

-Once completed the safety plan should be shared with the young person, parent/carer, and professional network.

-Their safety plan is to be kept in an accessible but secure place. The young person may also wish to give a copy to a trusted safe friend/family friend.

**Areas the young person should be supported to explore:**

**In the Community/at home**

-Always carrying their phone, important telephone numbers and spare cash.

-Keeping in touch with someone they trust about where they are or what they’re doing.

-Staying out of isolated places and areas with knows risk due to affiliations.

-Avoiding places where their exploiter or their friends/family are likely to be.

-Keeping the doors and windows locked when at home, especially alone.

-If they are feeling unsafe in the community seek out places where there are people who can help them such as shops.

-Having emergency contacts and calling 999 if they feel their safety is at risk.

-Investigate getting a protective order re. legal support in keeping a known abuser away.

-Being aware of police powers such as Child Abduction Warning Notices (CAWNS)

-Reminding them that the exploitation/abuse is not their fault, and they deserve to be safe.

-Parent/Carers being able to track mobile phone/oyster card.

**Keeping safe socially**

-Asking trusted/safe friends to keep their mobile phones with them while they are them in case they get separated. Contact numbers of friends to be shared with parent(s)/carer(s)

-If possible, going to different shopping centres, banks, supermarkets, cinema’s, etc. than the ones their abuser goes to or knows about.

-Not going out alone where possible, especially at night.

-Being aware of how to leave frequented locations safely in case of an emergency.

-Encouraging them to leave if they feel uncomfortable in a situation, no matter what friends are doing.

-Encouraging them spend time with people who make them feel safe, supported and good about themselves.

**Keeping safe online and with their phone:**

-Not saying or doing anything online that they wouldn’t in person.

-Setting all online profiles to be as private as they can be.

-Saving and keeping track of any abusive, threatening, or harassing comments, posts, or texts.

-Never giving passwords to anyone other than parents/guardians.

-If abuse and harassment does not stop, changing usernames, email addresses, and/or

mobile phone number. Using the block feature.

-Not answering calls from unknown, blocked or private numbers.

-Check if their phone company can block abuser’s phone number from calling my phone.

-Encouraging them not to communicate with their abuser/exploiter using any type of technology.

**Example Safety Plan Questions:**

**Staying safe at school/college/work**

The safest way for me to get to and from school/college/work is:

If I need to leave these places in an emergency, I can get home safely by:

If a friend or family member can accompany me whilst commuting/in between classes. I will ask: .......................................................................................... and/or.....................................

I will eat lunch and spend free periods in an area where there are people nearby. These are some areas at school/college/work where I feel safe:

I could talk to the following people at school/college/work if I need to rearrange my schedule in order to avoid my exploiter/abuser, or if I need help staying safe at these places:

**At home/placement**

I can tell this person about what is going on in my relationships:

......................................................................................................................................

There may be times when no one else is home. During those times, if I can have people stay with me. I will ask: ......................................................................................................................................

The safest way for me to leave my house/placement in an emergency is:

I will be home by curfew, the time I need to be home is: ………………………………...

If I must leave in an emergency, I should try to go to a place that is public, safe and unknown by my exploiter/abuser. I could go here: ......................................................................................................................................

and/or here: .............................................................................................................

I could use a code word so I can alert my family, friends, and neighbours to call for help without my abuser knowing about it.

My code word could be: .....................................................................................................

**If living with an abuser/missing**

**Where possible have a bag ready with these important items in case they need to leave quickly (check all that apply):**

Mobile phone and charger

Spare money

Keys

Provisional/Driver’s license/ other form of ID

Copy of restraining order if applicable

Copy of birth certificate

National Insurance Card

Immigration papers and other

Other important documents

Change of clothes

Medications

Special photos / valuable items

If I have children, anything they

may need (important papers,

formula, nappies)

Other:

**Staying safe emotionally (Relationships/friendships/associations)**

My boyfriend/girlfriend/friend often tries to make me feel bad about myself by saying or doing this:

When he/she does this, I will think of these things I like about myself:

I will do things I enjoy, like:

I can attend clubs or organisations that interest me, like:

If I have the urge to self-harm, I can………………………………………………………

I can also contact……………………………………………………………………………

If I need support around sexual health I can contact……………………………………

**During an emergency, I could call the following safe friends/family/carer(s) at any time**

**of day or night:**

Name/Phone Number:

..............................................................

Name/Phone Number:

..............................................................

Name/Phone Number:

..............................................................

Safe Addresses I can go to:

…………………………………………….

**Emergency Contacts:**

Family/Friends

For emergencies: 999

Professional Network/Other Agencies

**Staying Safe in my community-Mapping Exercise:**



Mark areas using red, amber and green: I feel safe (green), I could be safe (amber), I do not feel safe in this area (red).

 Prompts to think about in particular areas:

* What would you do if they feel unsafe?
* Is there anyone they know there who they could go to for help?
* What would they expect that person to do to help keep them safe?

Do they have contact details accessible?

|  |  |
| --- | --- |
|  | **Locations, people and further details** |
|  I feel safe in this area. |  |
|  I could be safe in this area |  |
|  I do not feel safe in this area |  |
| **Safety Plan** |  |