**My name is …………………………………………… and this is my safety plan**

**SAFETY PLANNING INCREASES POWER AND DECREASES FEAR! I need a safety plan because:**

*I am a special person and deserve, to be safe. It is not my fault when grown-ups do things that make me feel unsafe or sad and no one should ask me to keep secrets that make me feel bad.*

**When I feel unsafe I will use a safety code, this will be:**

**My safe people who know the code will be:**

**When I need a safe space or place this will be:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**The people I will contact when I feel unsafe will be:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**I will let them know by: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

** **

**My important telephone numbers are:**

**Name:**

****

**Name:**

**IF ME OR ANYBODY ELSE ARE IN DANGER I WILL PHONE THE POLICE ON 999**

**If there is any fighting, loud noises or arguing in my home, I WILL:**

 ****

**If there are people in my home who make me feel sad or unsafe, I WILL:**

****

****

**If I am feeling or hurting I WILL:**

1. **Do something that makes me feel better \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
2. **Talk to a my safe person \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
3. **Or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**When I am in danger I will have an escape route which WILL BE:**

**The safe place I go to WILL BE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**If I need to get a bus I will get some money from:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**If I cannot get to a phone at home I WILL:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**I WANT TO REVIEW THIS PLAN AGAIN:**