

My Safety Plan



Name: _____

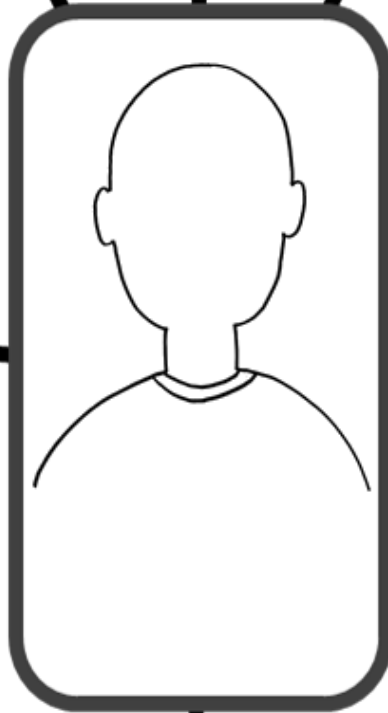
About me

My likes:

My dislikes:

People who matter:

My strengths:



History:

Things I find hard:

*Include any difficulties relating to cognitive functioning, developmental delay, social skills etc
Include details of risk behaviours and also vulnerabilities re exploitation/ influence etc.*

Why my behaviour happens:

Brief formulation of young person's needs.

The support I have:

List all interventions offered in addition to adults who are available to support.

Things that help me keep safe:

General safety strategies e.g using safety plan, talking to trusted adults, engaging in positive activities.

My goals for the future:

What are the young person's aims and hopes?



How I keep safe at home

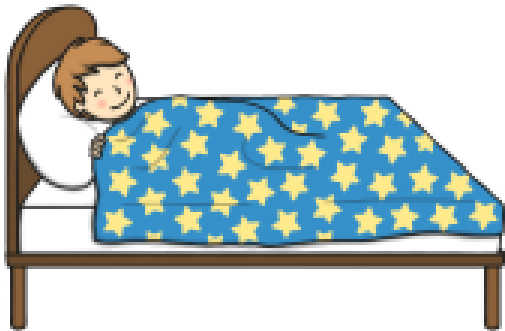
My home:

Think about general rules of the house, for example being dressed appropriately, attending to hygiene, which rooms is it ok to be in, level of supervision that's required if any.



My bedroom:

What are the rules when in the bedroom? Who is allowed in? What level of supervision? Door open or closed? Night time rules? Other people's bedrooms?



My bathroom:

What are the bathroom rules? What do you do if someone is in there? Is the door locked or unlocked?



How I keep safe at home

Hugging and touching:

What are the rules regarding touch in the home? Encourage asking before touching 'please may I have a hug', 'would you like a hug' Who is it safe to ask, who is it not safe to ask?



My devices and social media:

What are the rules regarding internet/ mobile/tablet use How does the young person keep safe online?



People who help me:

List of safe people that the young person can speak to if they are worried or need support.



How I keep safe in the community

In the community:

Consider level of supervision.
Appropriate clothing. Time limits.
Places that can be accessed



Public toilets:

Consider whether the young person can access public toilets alone. Who should supervise? Rules re accessing toilets with other young people.



My mobile:

What are the rules re staying in contact? Who can have the phone number? Social media and internet access?



How I keep safe in the community

My friends and social life:

Who can the young person socialise with? Level of supervision? Encourage positive social activities and social inclusion.



People who help me:

List of safe people that the young person can speak to if they are worried or need support.



Hugging and touching:

What are the rules regarding touch in the community? Who is allowed to touch the young person? Consider both risk and vulnerability.



People I don't know:

Consider risks and vulnerabilities. What to do if approached by someone. What to do to avoid risk behaviours.



How I keep safe at school

My school:

What are the safety rules at school? What is the level of supervision? What happens if the young person wants to leave the classroom? How is the young person expected to dress when at school? Who takes and collects?



Lunchtimes and break times:

Level of supervision? Areas permitted. Encourage safe socialising activities. What to do if there is a problem?



My school toilets:

Consider whether the young person can access toilets alone? Who should supervise? Rules re accessing toilets with other young people.



How I keep safe at school

My mobile and school computers:

What are the rules re staying in contact? Who can have the phone number? Social media and internet access?



Changing clothes at school:

What are the changing facilities at school? Does the young person have privacy? Who does the young person have to change alongside? Consider both risk and vulnerability.



Touching at school:

What are the rules regarding touch at school? Who is the young person allowed to touch and how? Who is allowed to touch the young person? Consider both risk and vulnerability.



People who help me:

List of safe people that the young person can speak to if they are worried or need support when at school.



Any other information:

