

SAFETY PLAN FOR OLDER CHILDREN/YOUNG PEOPLE

A safety plan is a personalised, practical plan that can help children/young people avoid being placed in dangerous circumstances and know the best way to react when they are in danger. Every safety plan will be unique and based on the needs of the child/young person.

As the professional, you should be guided by the child or young person on what is important and safe for them in their safety plan. This guide aims to assist professionals to discuss what planning and actions can be undertaken safely.

If someone is making you feel unsafe

I know I am unsafe when...

Where do I feel safe?

What have I done to keep myself safe in the past?

Who do I feel safe with?*

Who do I talk to if I don't feel safe?

If I am feeling unsafe in my house or the place where I am I can go to...

[Check with the parent/carer who is not using violence if the place is safe and if the child is age/developmentally able to get there]

Where will I go?

Address or name of place if I have to leave my house/the place where I am feeling unsafe:

How do I get there?

(can you walk there? do you know how to use public transport, taxi or ride service?)

Do I have siblings/others who will go with me?

What do I take with me?

Secret code word:

Safe place at home

A place in my home I feel safe is...

Room/place in my house if I need to hide

If you're seeing your dad/other parent for a visit, what do you do if you feel unsafe?

Safe people*

A safe adult family member

Name:

Phone:

A safe adult or family friend

Name:

Phone:

A safe adult or family friend

Name:

Phone:

* Add lines as needed. Check if nominated safe people are aware they are key contacts.

Letting someone know when I am worried

If something happens that makes me worried or afraid, I can let a safe person know.

When I am spending time with someone who makes me feel unsafe or afraid, or worried for someone else in my family, I know I can ask a safe person for help and I won't be in trouble.

Calling for Help

If you can safely get to a phone in your own house or your own mobile, the phone of a friend or safe adult known to you (teacher, carer, other adult), you can call for help.

Here's what to do when you call:

Dial 000

They will say: 'POLICE, FIRE, AMBULANCE'

You answer: Police

Then say:

My name is _____

I am _____ years old.

I need help. Send the police. Someone is hurting my mum/sister/brother/[.....].

The address is _____

The phone number I am calling from is: _____

It may not be safe for you to stay on the phone. If it is not safe, tell the person that and then just put the phone down. DO NOT HANG UP. The 000 operator may be able to hear so you don't have to explain. Also, if you hang up, the police might call you back.

Safe on your phone or online (older children and young people)

Does anyone else have access to your phone or online accounts?

Sometimes people can use your phone and accounts to try and track you.

Do you have a passcode/password or know how to keep your phone and online accounts safe?

How do I help myself feel safe or calm when I am upset

Remember:

- ... *You are not to blame if your dad/family member is angry or being violent.*
 - ... *You will not be in trouble for calling police or asking for help.*
 - ... *Don't use your body to protect your mother/family member as you may get seriously hurt.*
 - ... *You are not responsible for your mum or family member's safety, but you might be able to get them help or assist to take your siblings to a safe place.*
 - ... *If someone is hurting your or your mother/family member, it is against the law.*
 - ... *If you don't feel safe, go to your safe place if you can.*
 - ... *When you are out of danger, let your mother/a safe adult know if you are feeling upset, angry, sad or anxious about what happened so they can help you.*
-