

Young person's 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