

Notes for Safety Plan Facilitator

The aim of this workbook is to promote discussion of a child's feelings about the situation they are living in and to help them to develop a personal safety plan.

It is to be used as an aid for professionals when assessing a child's needs, feelings and wishes.

The key message to give to the child is that the situation they are living in is **not their fault** and that changing their parent or caregiver's behaviour is **not their responsibility**.

An individual safety plan should enable a child to:

- Identify situations in which their wellbeing is at risk
- Identify people they can talk to about the difficulties they live with
- Protect themselves when they are at risk of harm by finding a safe person to talk to and a safe place to go
- Understand that they have the right to be safe, the right to protect themselves and the right to say NO

Giving the child practical skills appropriate to their age is helpful such as how to telephone the police and give their name and address, obviously being careful not to add extra guilt or anxiety if they do not feel able to do this.

SAFETY PLANNING INCREASES POWER AND DECREASES FEAR.

Staying Safe



FEELING SAFE

Feeling safe means:

- I know that someone will take care of me
- I know what is expected of me
- I have an idea about what will probably happen next
- I am not worried that I or someone else will get hurt
- I don't feel scared
- I feel OK



When we feel safe we get lots of nice feelings in our body. Draw or write what sort of feelings you get when you feel safe.

There may be places where we feel safe.

Where is yours?

Draw a picture or write:

I feel happy when ... 

I feel sad when ... 

I feel scared when ... 

Things I can do to make me feel better are...

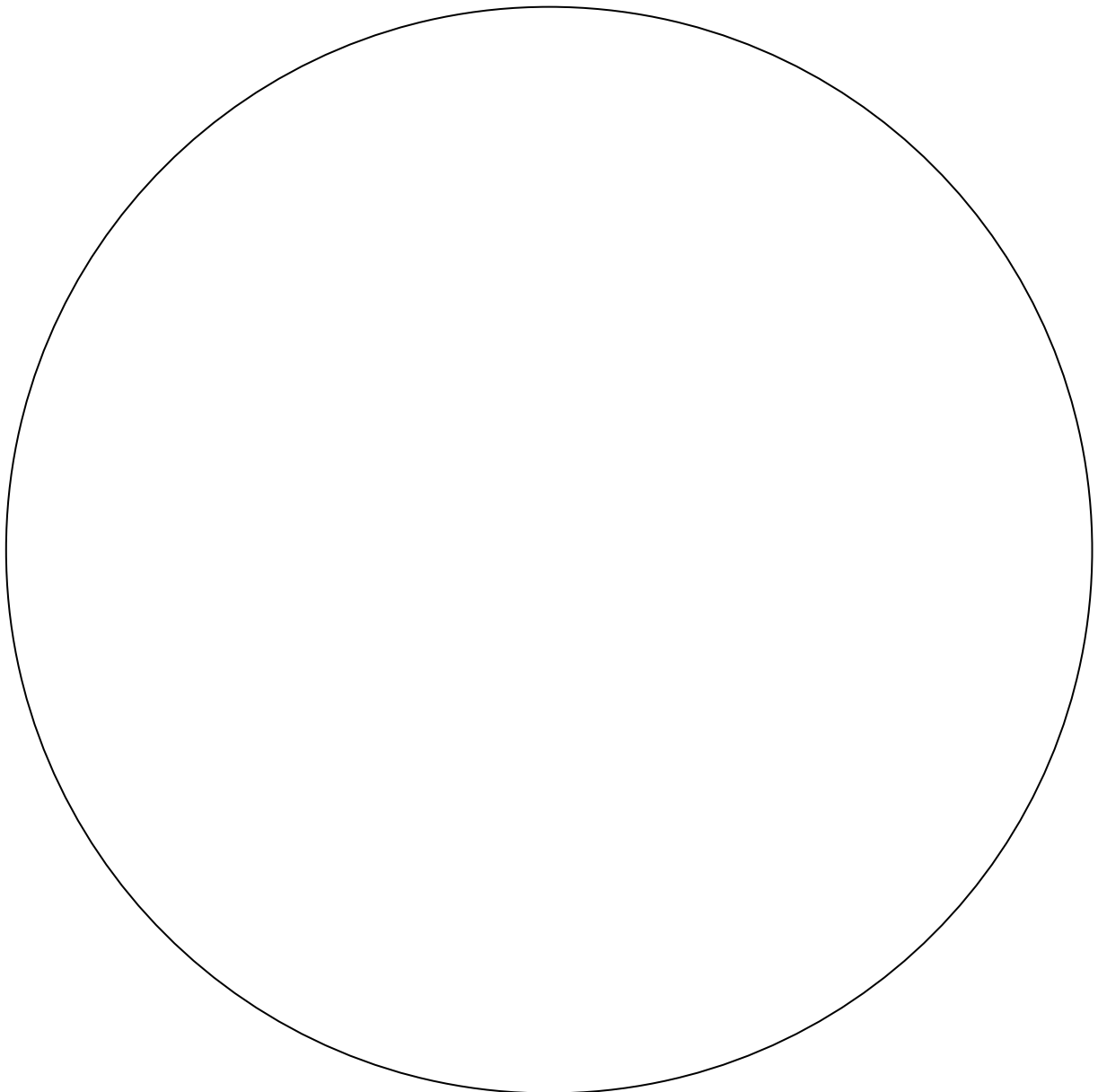
MY IMAGINARY SAFE PLACE

Draw a picture of your imaginary place:

What would it sound like?

What would it smell like?

How would you feel in your imaginary safe place?



UH OH SIGNS

When we do not feel safe, our body tells us by giving us signs.

These are sometimes called **UH OH** signs. Everyone has different **UH OH** signs, here are a few.

Our heart might beat faster, as though we have been running a lot



Parts of our body might feel wobbly like jelly



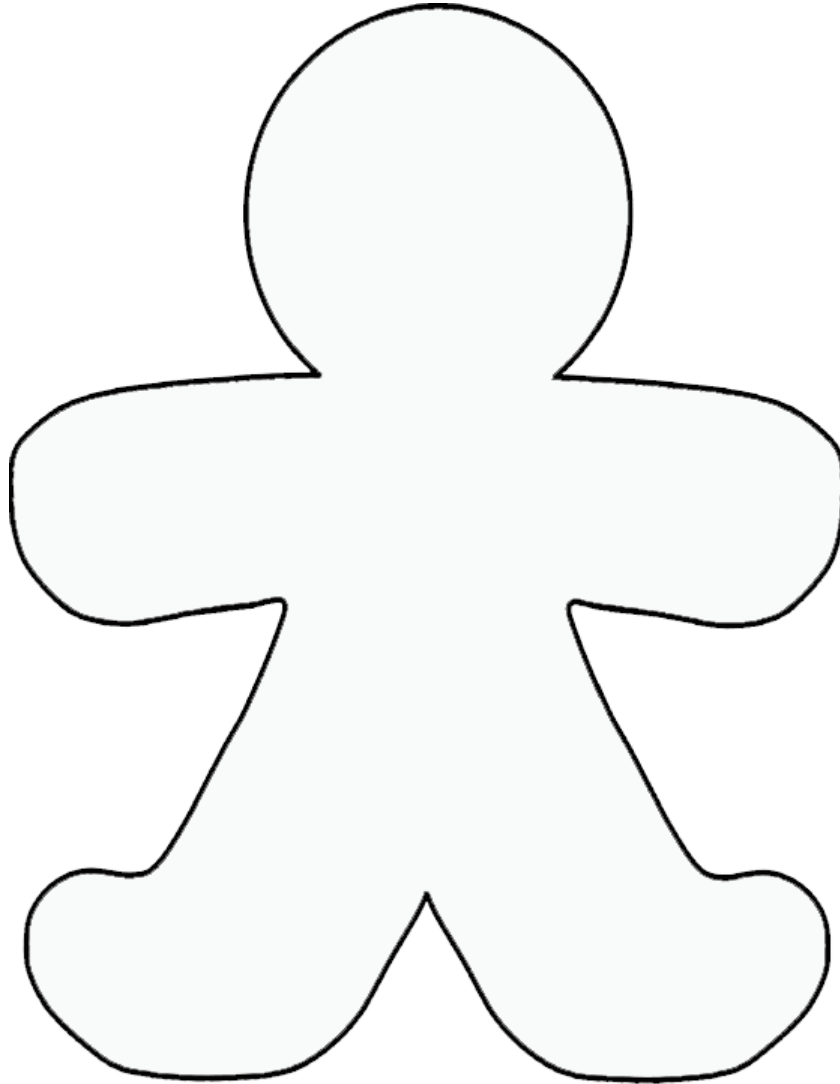
Parts of our body might shiver, as if we were cold



Draw what else might happen

My UH OH Signs

On the person below, draw or write where you get your UH OH signs.



I feel unsafe/I feel these uh oh signs when...

My Safety Plan

People I can talk to when I feel unsafe or need help:

Who Can I Tell?



People in my family I could share my feelings with

Name:

Phone:

Name:

Phone:

People outside my family I could share my feelings with

Name:

Phone:

Name:

Phone

When there is trouble, I can call someone.

Places where there are phones in or near my home:



Remember !!!

- A safe place has more than one way out
- A safe place does not have things that can be used as weapons

Safe places in my home are?



Think about what you may do to feel better once you are in a safe place?

Safe places near my home are:

How I will get out of my house if there is danger:



I should NOT try to stop a fight because:



Calling Emergency Services

When I am afraid that me or someone else might get hurt,
I can call the police.

Dial _____ on the phone for emergency services.



They will ask if you need Police, Fire or Ambulance?

I need: _____

My Name is: _____

My address is:

A 3D illustration of a yellow mailbox with a red flag, mounted on a wooden post. The mailbox is shown from a three-quarter perspective.

Tell them what is happening:

- Stay on the phone
 - answer questions if it is safe to do so
- Find a safe place to go to

Here are some other plans our family uses if there is an emergency e.g. fires or earthquakes:

Our family uses a code word when it's time to call for help. Our family code word is

!!! Important points for me to remember !!!

- I have the right to feel safe all the time
- Others have the right to feel safe with me
- I can talk about anything with someone I trust, no matter how awful or small
- When adults fight it is not my fault
- Kids should not try to stop fights between adults
- I have the right to say NO
- No one should ask me to keep secrets that makes me feel bad
- If you are in immediate danger, call 111 and ask for the police

Other people I can ask for help:

The telephone numbers below are all free to call

Kidsline: You can call any day at any time. To speak to a trained buddy (a year 12 or 13 student) call between 4PM and 9PM.

0800 547 754

Website: www.kidsline.org.nz

Youthline: You can call any day at any time. You can also text for free on 234.

0800 376 633

Website: www.youthline.co.nz

What's Up: You can call Monday-Friday 1PM-10PM or Saturday/Sunday 3PM-10PM. You can also chat online to a counsellor (a person trained to help) between 5PM and 10PM any day of the week.

0800 WHATS UP

(0800 942 8787)

Website: www.whatsup.co.nz

Aviva: You can call any day at any time.

0800 AVIVA NOW

(0800 28482 669)

