



WORKSHEET



SAFETY PLANNING FOR YOUNG PEOPLE

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Acknowledgements to: Chris Greenwood, Cheshire County Council & Helping Hands NIWAF



INTRODUCTION

This workbook for young people, aims to promote wider discussion of their feelings about the situation they are living in.

It is also to be used as an aid for Professionals when assessing a young person's needs, feelings and wishes.

The key message to give to the young person is that the situation they are living in is not their fault, but they need to protect themselves by finding a safe person to talk to and a safe place to go.

In cases where domestic violence is the issue the young person needs to know:-

- **They have the right to be safe and to be cared for in a safe environment.**
- They should not try to intervene, but get out and then if possible try to find some help.
- They are not responsible for adult violence
- If they are over 16 and directly suffering intimate partner violence, then they are a victim and should have a DASH assessment

In all situations the young person needs to know:-

- **They have the right to be safe and to be cared for in a safe environment.**
- They have the right to protect themselves, to say NO and get out of violent situations
- They can help their siblings but they are not responsible for their long term safety. This is an adult responsibility.

During the work with the young person it is very important that they identify a safe person to go to, and who they can talk to about the difficulties they live with.

SAFETY PLANNING INCREASES POWER AND DECREASES FEAR

Useful telephone numbers:

Childline 0800 1111
NSPCC 0808 800 5000
National 24hr Domestic Violence Helpline 0808 2000 247

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Thinking Sheets for Young People

Write about what you think about what's happening in your family:

Sometimes you might act differently to how you really feel

Write down how you act on the surface:

Write down what you truly feel underneath:

Write down how the problems in your family have been affecting your life:



Write down any things you have tried to do to help deal with this:

You've survived in this difficult situation so far. Write down the personal strengths you have that have kept you going:

What have you learnt so far through having to deal with this?

Some of the things you are good at are:



Some things you hope to do in your life in the future:

Someone you could consider telling about your worries:

How would you tell them?



My Safety Action Plan

These are the things in my family that I don't have to put up with:

Somewhere safe I can go to when it gets scary is:

People I trust who could help me if I'm in a situation that scares me is:

Their phone number is:



We could work out a code or phrase that lets them know I need help.
I will make sure the person knows where I am by putting it into the phone conversation.
The code word would be:

When I use this code word, this person should:
Call police for me and/or tell a trusted adult or ring a helpline.

Meet me somewhere that we have agreed on. This place will be:

From now on I will make sure I have enough money in my pocket to:

- Make a call from a public phone- or agree with a trusted adult they will take a reverse charge call from me if I need them to- <http://www.0800reverse.co.uk/>
- Buy a bus ticket
- Catch a taxi

This plan might keep you out of danger for now but you should not have to keep living with abuse. If you want the abuse to stop, or live somewhere safe, talk to someone about what else you can do.



The person I'll tell who can help me take action to make things better is:

Or a trusted professional is:

Useful Websites to visit

www.burstingthebubble.com

This site contains information for young people and aimed at those living with abuse at home. It is very interactive and will appeal to young people.

<http://dotcomcf.org/>

Empowering young people to practice positive values and make safer choices in life

<http://www.childline.org.uk/Pages/Home.aspx>

Childline also have a helpline on 0800 1111

<http://www.thehideout.org.uk/default.aspx>

Women's Aid run this site which contains interactive advice for children and young people.

www.youngminds.org.uk/

Improving the emotional wellbeing and mental health of children and young people and empowering their parents and carers. Tel: 0808 802 5544