

## **SAFETY PLAN**

### **What is a safety plan?**

A safety plan is a practical plan to help you stay safe and lower the risk of being hurt by your abuser. The plan will include specific information to help you know what to do and who to contact when needed. The plan looks at the risks you are facing, your physical and emotional needs and support you to make choices to keep you from serious harm. Speak with a professional in your life who can help you with this plan as well, so they are aware of it and the support that you need.

### **Why do I need a safety plan?**

Everyone, including you, deserves a relationship that is healthy, safe and supportive. If you are in a relationship that is abusive a safety plan can reduce the risk of harm. You cannot control your partner but you can take control of your wellbeing. It is important that the safety plan is about you and

### **How do I make a safety plan?**

Give yourself space to go through each section of the plan. You can do this either on your own or with someone you trust. Part of the safety plan is letting someone know about it so they are able to support you when needed so you can choose who that person or people are. It could be someone that you know and trust or could be a professional from a domestic violence organisation or a member of the True2U team. You know your situation better than anyone else, so trust your judgment and think about the options and choices you have.

## MY SAFETY PLAN

### People

I will talk with someone that I can trust about what is happening to me. That person is:

Name:

Telephone Number:

Other contact number or way to contact:

Another person I can talk to about what is happening to me is:

Name:

Telephone Number:

Other contact Number or way to contact:

Other services and organisations I can contact that support young people in abusive relationships are:

1. ....

2. ....

3. ....

The 2 things that I know will keep me safe are:

1. ....

2. ....

## Safe Spaces

A safe space where I can go to in my house to make a call if I don't feel safe at home is:

The safe space in my home:

The person I will call:

Their number:

A safe space where I can go to in my school/college/university if I don't feel safe is

The safe space:

The person I will speak to or call:

Their number:

The person who I can talk to at school/college/university is:

A place I can go to that is not home or school/college/university is:

The safe space:

The person I will speak to or call:

Their number:

## My Wellbeing – Staying Safe Emotionally

If I feel down, scared, depression, worried, upset I can call:

The person I will speak to or call:

Their number:

If they are not available, the other person I can speak to or call is:

The person I will speak to or call:

Their number:

### Services I can call are:

1. ....
2. ....
3. ....
4. ....

A 24-hour service I can call is:

### Plan of how to deal with situations

If my boyfriend/girlfriend tries to make me feel bad about myself I will:

For example:

1. say to myself that is not true
2. think of the things I love about me

If I physically do not feel safe with my boyfriend/girlfriend I will:

For example:

Make sure I am not alone with them

### Staying Safe

Things I can do to stay safe are:

- Always have my mobile with me and a charger so can charge if needed
- Always have money on me
- Always have my bus/travel card with me
- Always tell someone where I am going, who I am going with and what time I will be back
- Trust my feelings
- Know its not my fault
- Keep my social media as private/use privacy settings
- Not go anywhere I know my abuser goes
- Keep any abusive messages/threats to give to police
- If I really do not feel safe to call/go to the police
- Contact the people in my safety plan for support

**Other things I can do to stay safe are:**

1. ....
2. ....
3. ....

**To have prepared**

If I live with my abuser, in case I need to leave quickly I will have a bag ready, and this will be kept where I can pick it up safely at:

A safe place or person it is with is:

In the bag I will have: (For example, money, spare phone and charger, clothes, medication, valuable items, birth certificate)

1. ....
2. ....
3. ....
4. ....

Other ways I can support me are:

A person's number I can remember if needed is:

Name

Their number I can remember

