My Safety Plan

You’ve got the right to feel safe at home or in your relationship. Your safety plan says who to contact if you need support. Fill out the plan below with an adult you trust, or talk to Childline about it.

Who I can talk to for help:

Tip: Include adults you trust at school, home or professionals who are there to support you.

|  |  |  |
| --- | --- | --- |
| Name | Contact details | When they’re available |
|  |  |  |
|  |  |  |
|  |  |  |
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My safe word:

Choose a special code word to use with an adult you trust. You can say it when you feel unsafe or need help. Make sure they know the word and what it means.

|  |  |
| --- | --- |
| My safe word: |  |
| Who knows my safe word: |  |

Important information:

Write down the address where you’re staying to give to the police in an emergency:

|  |  |
| --- | --- |
| My address: |  |

Other people I can talk to:

|  |  |
| --- | --- |
| Childline:  Open 24 hours a day. Call for free on 0800 1111 or start a [1-2-1 chat](https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/). | In an emergency:  Call 999 or go to a local police station |

Places I can go for support:

At school:

|  |  |
| --- | --- |
| Who I should talk to: |  |
| Where I can go for help: |  |

When I’m out:

|  |  |
| --- | --- |
| Who I should talk to: |  |
| Where I can go for help: |  |

When I’m at home:

|  |  |
| --- | --- |
| Who I should talk to: |  |
| Where I can go for help: |  |
| Where at home is safest:  Hint: Choose a room where you’ll be out of the way. Try to avoid rooms like the kitchen or bathroom. |  |
| The safest way out if I need to leave:  Hint: Remember to call 999 if you need to leave or you feel unsafe. |  |
| What to take If I need to leave: |  |