

My Safety Plan

Who can help me?

My trusted adult is _____

My trusted adult's contact details _____

My trusted adult at school is _____

My trusted adult's contact details _____

My trusted adult's timetable is:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Trusted adult 1:							
Trusted adult 2:							
Trusted adult 3:							

Staying Safe at school

My code word is _____

My 'safe place' at school is _____

Friends who are walking with me are _____

How can I stay safe outside of school?

My (ex) partner's triggers

1. _____
2. _____
3. _____
4. _____
5. _____

Places I can go if I am in danger or scared:

1. _____
2. _____
3. _____

I can reverse charges on my mobile phone or pay phone using this number: _____

Staying safe when using your mobile phone and the internet

- I have changed my mobile phone number
- I have changed my security settings on social networking sites to 'private'
- I have put a passcode/password on my mobile phone

I have switched off the location settings on my social networking sites and mobile phone

I have blocked my (ex) partner

I have changed my passwords for all my online accounts

Emotional support and coping strategies

The telephone numbers and website address of people and organisations I can contact when I am feeling sad and upset are:

Resource 1

Resource 2

Positive things in my life:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Ending the relationship

When am I going to end the relationship? _____

I am going to end the relationship: face to face/on the phone/other _____

If face to face:

- ✓ Where am I going to do it? _____
- ✓ Where is my nearest:
 - Safe place to go _____
 - Police station _____
- ✓ I am taking this trusted adult with me _____

I have told these people where and when I am doing it _____

How am I going to get home after?

I have told my trusted adult about ending the relationship and I am meeting her to change my safety plan on _____