**Remember**

Only share personal details, such as your current address, phone number, support you’re receiving and your family situation with people who need to know and that you trust.

Safety Plan for Young People

A Guide and Tool for Young People



**Why do I need a Safety Plan?**

Everyone deserves healthy, safe and supportive relationships whether that be with family, friends or partners. If you have a relationship with someone who is hurting you , it is important that you know that the abuse is not your fault. It is also important for you to start thinking about ways to keep yourself safe , whether you decide to end the relationship or not. Whilst you may not be able to control others abusive behaviour, you can take action to keep yourself as safe as possible.

**What is a safety plan?**

A safety plan is a practical guide that can help you to stay safe and lower the risk of you being hurt. It includes information specific to you and your life that will help keep you as safe as possibel at home, school or other places you go on a daily basis.

###### **How do I make a Safety Plan?**

Take some time for yourself to go through each section of this safety planning workbook. The adult you’re working with will also take time to discuss your situation to understand what risks you’re facing and to think about what can be done to make you safer.

They will explain what they will do with the information you provide before they ask any questions. They can also help you decide on what you want to change and what you want to remain the same. They can give you open and honest guidance about what your options and choices are, and help you make decisions that are right for you.

**Keep in mind:**

* For this safety plan to work for you, you’ll need to fill in personalised answers, so you can have this information when you most need it.
* Once you complete your safety plan, be sure to keep it in an accessible but secure location.
* Share it with the adults you are working with so they can support you
* You might also consider giving a copy of your safety plan to someone you trust e.g., your parent/carer

Before creating a safety plan, it may help to consider what information you may want / need to include in your plan. You can start by reviewing the questions below (you don’t need answers to all of them). Based on your situation, can you identify what information might be most helpful for you to become familiar with as you plan for your safety. If you are not sure about what emergency/community services are near to you, speak to your trusted adult, they can help you and explain what support can be accessed and who else may become involved.

If you are in immediate danger always ring

**Emergency Services on 999**

**Staying Safe at School/College**

The safest way for me to get to and from school/college is:

...................................................................................................................................... .......................................................

If I need to leave school/college in an emergency, I can get home safely by:

...................................................................................................................................... ......................................................

I can make sure that a friend can walk with me between classes. I will ask:

.................................................................................................and/or ......................................................................................

I will eat lunch and spend free periods in an area where there are school staff or faculty nearby. These are some areas at school/college where I feel safe:

................................................................................................, ................................................................................................, ...........................................................................................and .................................................................................................

I could talk to the following people at school/college if I need help staying safe at school/college:

Name……………………………………………………………………………….

Role………………………………………………………………………………and

Name……………………………………………………………………………….

Role…………………………………………………………………………………and

Name………………………………………………………………………………….

Role…………………………………………………………………………………and

* Where can I keep my safety plan so it’s easy to find and as private as possible?
* When / where might I need to use my safety plan?
* When was the last time I felt “safe” or “safer?” What helped me feel that way?
* What are some signs that tell me things may be getting unsafe?
* What are my go-to coping strategies to manage difficult thoughts / feelings / behaviours?
* Who do I trust to talk to about what I’m going through?
* Who can I connect with when I need support, and how can I contact them?
* Where are some potentially safer places I can go when I don’t feel safe where I am? How can I get there? What might I need to bring with me?
* What do I hope / dream about for my life in the future?
* What are the emergency / community services nearest my area? How can I contact them when I need support?

**Staying Safe in The Community**

I can tell this person where I am going and what time (roughly) I will be back

………………………………………………………………and/or

…………………………………………………………………..

I can contact this person if I feel unsafe

………………………………………………………………and/or

……………………………………………………………………..

These are safe places I can go if I feel unsafe

………………………………………………………………and/or

……………………………………………………………………..

I will allow this person to track my location via a mobile app for the sole purpose of keeping me safe (Optional)

…………………………………………………………………….

During an emergency, I could call the following friends, family, carers at any time day or night:

**Day:**

Name: ……………………………………………………………

Phone Number………………………………………

Name: ……………………………………………………………

Phone Number…………………………………………

**Night:**

Name: ……………………………………………………………

Phone Number………………………………………………

Name: ……………………………………………………………

Phone Number………………………………………………

**Staying Safe at Home**

I can tell this family member about what is going on in my relationships/ and or peer groups:

...................................................................................................

There may be times when no one else is home. During those times, I can have people stay with me. I will ask:

................................................................................................

The safest way for me to leave my house in an emergency is:

...................................................................................................................................... ..........................................................

If I have to leave in an emergency, I should try to go to a place that is public and safe. I could go here:

.................................................................................................and/or here: ...........................................................................

I will use a safe word so I can alert my family/carers, friends, and neighbours to call for help if I am with people or in a place where I don’t feel safe. My safe word is:

.................................................................................................

Who knows my safe word

Name………………………………………………………………………………

Phone Number…………………………………………………………….

Name………………………………………………………………………………

Phone Number…………………………………………………………….

Name………………………………………………………………………………

Phone Number…………………………………………………………….

**Keep in Mind**

Always be aware of your surroundings.

Let your parents or another trusted adult know where you are and how to contact you.

Stick to well lit public rotes, avoid shortcuts and never accept a lift from someone you don’t know.

If you are in agreement, put a tracker on your phone so your parent or trusted adult can help if you feel unsafe.

On trains, look for a busy carriage and stay on the lower deck of a bus if possible, near the driver.

Don’t be embarrassed to make noise to attract attention and scare off anyone who is threatening you.

If anyone is harming or bullying you then tell an adult you trust such as a teacher or your family.

If you are injured always seek medical help

Wherever you are, be aware of how to make an emergency telephone call.

**IN AN EMERGENCY ALWAYS DIAL 999**

**South Wales Police**

**Non-Emergency call 101**

**These are things I can do to help keep myself safe every day:**

* I will carry my mobile phone and important telephone numbers with me at all times.
* I will ask my friends to keep their mobile phones with them while they are with me in case we get separated and I need help.
* I will keep in touch with someone I trust about where I am or what I am doing.
* I will stay out of isolated places and try to never walk around alone.
* I will keep the doors and windows locked when I am at home, especially if I am alone.
* No matter where I go, I will be aware of how to leave safely in case of an emergency.
* I will leave if I feel uncomfortable in a situation, no matter what my friends are doing.
* I will spend time with people who make me feel safe, supported and good about myself.
* I will call 999 if I feel my safety is at risk.

**I will remember that I deserve to be happy and safe.**

**You can cut out this and keep it with you in case of an emergency**

**A person(s) I can trust and contact for support when I feel unsafe is:**

|  |  |  |
| --- | --- | --- |
| Day/Night | Name | Phone Number |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

**If I don’t feel safe, I can go to:**

|  |  |  |
| --- | --- | --- |
| Day/Night | Name | Phone Number |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

**Contact info for emergency/community services nearest my area is:**

|  |  |  |
| --- | --- | --- |
| Day/Night | Name | Phone Number |
| Day |  |  |
| Night | Emergency Duty Team | 01443 743665 |
|  |  |  |
|  |  |  |

**In an emergency call 999**

**Remember**

Any form of communication (including images) online or sent through mobile phones can be recorded and possibly used against you in the future.

If any person threatens to use this communication against you tell your trusted adult immediately. They will be able to help and support you.

**These are things I can do to stay safe online and with my mobile phone:**

* I will not say or do anything online that I wouldn’t in person.
* I will set all my online profiles to be as private as they can be. I will save and keep track of any abusive, threatening or harassing comments, posts, or texts.
* I will never give my password to anyone other than my parents or guardians.
* If the abuse and harassment does not stop, I will change my usernames, email addresses, and/or mobile phone number.
* I will not answer calls from unknown, blocked or private numbers.
* I can see if my phone company can block any phone numbers that are causing me distress or harm from calling my phone.

**HopeLine247**

0800 068 4141 (freephone)

Lines are open 24 hours every day)

Text: 88247

Email:pat@papyrus-uk.org

[Hopeline247](https://www.papyrus-uk.org/hopelineuk/) is a confidential support and advice service for children and young people under the age of 35 who are experiencing thoughts of suicide.

**Samaritans**

116 123 (freephone)

Lines are open 24 hours every day

0808 164 0123 (Welsh language) Open 7pm-11pm everyday

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

You can access confidential emotional support at any time from [Samaritans](https://www.samaritans.org/wales/how-we-can-help/contact-samaritan/). They will listen to you and help you talk through your concerns, worries and troubles.

**Shout**

Text 85258 for immediate help

[Shout](https://www.crisistextline.uk/) is a 24/7 text service, free on all major mobile networks, for anyone in a crisis anytime, anywhere. It’s a place to go if you’re struggling to cope and need immediate help.

**NHS**

[Mental health services](https://www.nhs.uk/mental-health/social-care-and-your-rights/how-to-access-mental-health-services/) are free on the NHS. You can use the [NHS 111 online service](https://111.nhs.uk/) or call 111 if your unable to get help online.

**Meic**

080 880 2356 (Phone & What’s App)

07943 114 449 (Text)

[Meic](https://www.meiccymru.org/) is the helpline service inc online chat for children and young people up to the age of 25. Meic will listen and help by giving you information, advice and support.



**The Child Exploitation and Online Protection (CEOP) Centre**

[ceop.police.uk/safety-centre](https://www.ceop.police.uk/safety-centre/)

CEOP helps children stay safe online. If someone has acted inappropriately towards you online, or to a child or young person you know, you can report it using an online form.

**Fearless (part of Crimestoppers)**

0800 555 111

[Fearless](https://crimestoppers-uk.org/fearless/what-is-fearless) enables young people to pass on information about crime 100% anonymously

**Local Support Details:**

**Bridgend Children’s Services**

**Phone Number:01656 642320**

**Merthyr Tydfil Children’s Services**

**Phone Number: 01685 725000**

**RCT Children’s Services**

**Phone Number: 01443 425006**

**Emergency Duty Team**

**Phone Number: 01443 743665**

**If you are in danger or need emergency help, call emergency services on 999**

**Help and Support**

Below are some helplines where you can talk to someone about what you are experiencing. **If you’re in immediate danger, dial 999.**

**Childline**

0800 1111

[www.childline.org.uk](http://www.childline.org.uk)

ChildLine is a private and confidential service for children and young people up to the age of 19 providing phone and website support

**Respect not Fear**

[www.respectnotfear.co.uk](http://www.respectnotfear.co.uk)

A website for young people about relationships with information support and interactive games.

**Missing People Helpline**

Safe call : 116 000 (phone or text)

Lines are open 9am-11p every day

Email: 116000@runawayhelpline.org.uk

The [Runaway Helpline](https://www.runawayhelpline.org.uk/) if for young people who are missing or thinking of going missing, as well as families and friends who may be worried about someone.

**Marie Collins Foundation**

01677 460168

[The Marie Collins Foundation](https://www.mariecollinsfoundation.org.uk/) helps children and young people who have been harmed online.