

# MY SAFETY PLAN



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



I will go somewhere safe inside my house. My safe place inside my house is...

\_\_\_\_\_

If I need to, I will go to a safe place outside my house. My safe place outside my house is...



\_\_\_\_\_



I will phone the police in an emergency. Their number is...

\_\_\_\_\_

I can talk to someone I trust about what is happening. The person I can talk to is...



\_\_\_\_\_



I will take with me...

\_\_\_\_\_

If I'm out of the house and I feel unsafe, I will...



\_\_\_\_\_



I can help to keep my house safe by...

\_\_\_\_\_

To make myself feel better, I will...



\_\_\_\_\_

YOU CAN CALL OUR  
HELPLINE ON:  
0800 800 0340

CHILDLINE:  
0800 1111

EMERGENCY:  
999