



**LIDAS**



# **SAFETY PLANNING FOR YOUNG PEOPLE**

## **INTRODUCTION**

This workbook for young people, aim's to promote wider discussion of their feelings about the situation they are living in.

It is to be used as an aid for Professionals when assessing a young person's needs, feelings and wishes.

The key message to give to the young person is that the situation they are living in is not their fault, but they need to protect themselves by finding a safe person to talk to and a safe place to go.

In cases where domestic abuse is the issue the young person needs to know:-

- **They have the right to be safe and to be cared for in a safe environment.**
- They should not try to intervene, but get out and then if possible try to find some help.
- They are not responsible for adult violence

In all situations the young person needs to know:-

- **They have the right to be safe and to be cared for in a safe environment.**
- They have the right to protect themselves, to say NO and get out of violent situations
- They can help their siblings but they are not responsible for their long term safety. This is an adult responsibility

During the work with the young person it is very important that they identify a safe person to go to, and who they can talk to about the difficulties they live with.

## **SAFETY PLANNING INCREASES POWER AND DECREASES FEAR**

### **Useful telephone numbers:**

Childline	0800 1111	
NSPCC	0808 800 5000	
National 24hr Domestic Violence Helpline		0808 2000 247

## **Thinking Sheets for Young People**

Write about what you think about what's been happening in your family

**Sometimes you might act differently to how you really feel**

Write down how you act on the surface:

Write down what you really feel underneath:

Write down how the problems in your family has been affecting your life:

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Write down any things you have tried to do to deal with this:

You've survived in this difficult situation so far. Write down the personal strengths you have that have kept you going:

What have you learnt so far through having to deal with this:

Some of the things you are good at are:

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Some things you hope to do in your life in the future:

Someone you could consider telling about your worries:

How would you tell them:

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## **Safety Action Plan**

These are the things that happen in my family that I don't have to put up with:

Somewhere safe I can go to when it gets scary is:

People I trust who could help me if I'm in a situation that scares me is:  
Their phone number is:

We could work out a code or phrase that lets them know I need help. The code word will be:

When I use this code word this person should:

- Call the police for me
- Tell a trusted adult or ring a helpline. Their phone number is:

Meet me somewhere that we've agreed on. This place is:

From now on I'll make sure I have enough money in my pocket to:

- Make a phone call from a public phone
- Buy a bus ticket
- Catch a taxi

This plan might keep you out of danger for now, but you should not have to keep on living with abuse. If you want the abuse to stop, or to live somewhere safe, talk to someone about what else you can do.

The person I'll tell who can help me take action to change the situation is:

Or a professional

**Web sites for young people:**

[www.burstingthebubble.com](http://www.burstingthebubble.com)

[www.missdorothy.com](http://www.missdorothy.com)

[www.there4me.co.uk](http://www.there4me.co.uk) NSPCC

[www.thehideout.org.uk](http://www.thehideout.org.uk) Women's Aid

**For Children**

[www.womensaidni.org](http://www.womensaidni.org)

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

**Helping Hands is available from:**

**Childline 0800 1111**

**NSPCC 0808 800 5000**

**Acknowledgements to:**

**Helping Hands NIWAF**

**Bursting the Bubble**