

My Safety Plan

To be used by Kids with their Parent's/Carer's
and Child Advocate's assistance

This Safety Plan belongs to

A resource by the Women's Council for Domestic & Family
Violence Services (WA)



Fill out your Safety Plan here with an adult

Being Safe at Home

When my mum and dad are fighting I will not get in between them.

I will call my neighbour or call my _____
who will make me feel safe.

My neighbour's name & number is _____

My _____ name & number is _____

If I start to get my 'Early Warning Signs' I can call five people on my safety plan.

Do you know what 'Early Warning Signs' are?

Have a look at the activity below to find out!

What are my warning signs?

Warning signs are in your body and you can feel them when you get a little scared or worried about something. If you get a balloon and someone pops it in front of you, you might feel shocked and a little scared. These feelings are called the warning signs.

Can you draw a picture of a boy or girl and list where these early warning signs might be on the body? Butterflies in the tummy, wobbly legs, faster heartbeat, sweaty palms, sweaty head, goosebumps. Can you think of any more warning signs that you might like to draw too?

Hand Safety Planning

This is the hand safety planning exercise. It is important that kids have a safety plan, but even teens and adults need one too. Make sure that you have 5 trusted adults on your hand. You can always put the Kids Helpline on the hand too, but just place it to the side. If you don't want to put anyone on the safety plan, don't feel bad, you don't have to. If you ever get your 'Early Warning Signs', make sure you call someone on the hand safety plan.

Make sure that all the people on the hand:

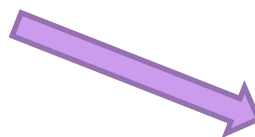
1. Are people you trust
2. Are adults
3. Are near to you and able to help if needed (not overseas or interstate)
4. Know that they are on your safety plan

I will have these five people on my safety plan:

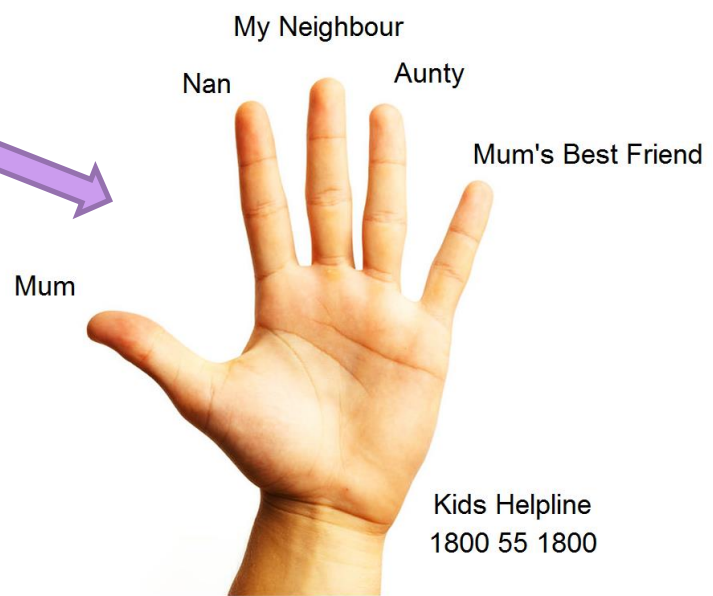
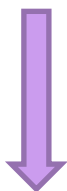
1. _____ Phone number: _____
2. _____ Phone number: _____
3. _____ Phone number: _____
4. _____ Phone number: _____
5. _____ Phone number: _____

I can also call the Kids Help Line on 1800 55 1800 if I need to talk to someone.

See the example over there



Have a go at one yourself down there



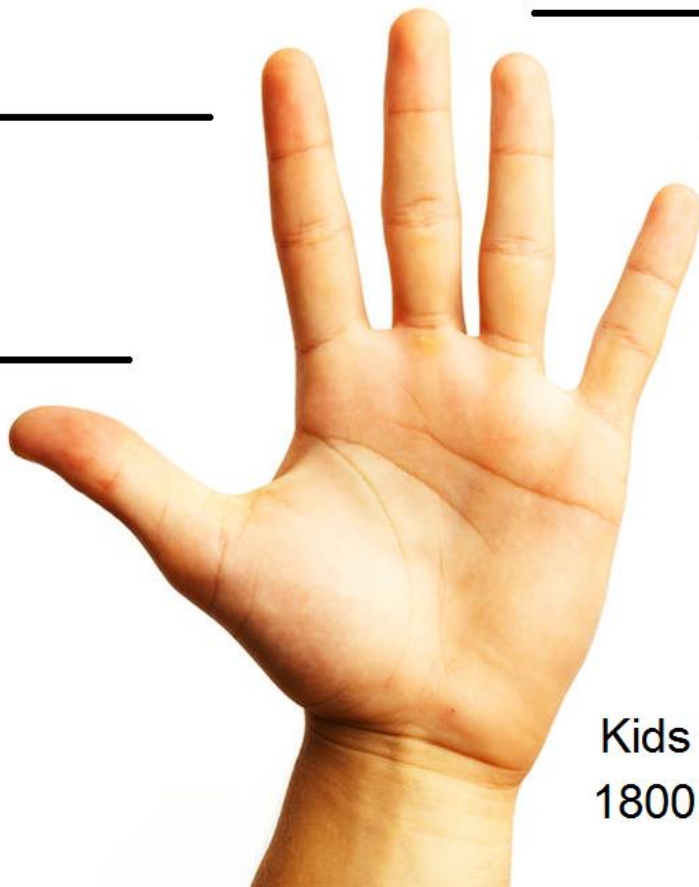
My Hand Safety Plan

Write the names of the trusted adults on the hand below. Make sure you ask them if they can go on your safety plan, never just assume.

My name is

and this is my hand safety plan:

Print out a hand and have a go yourself



Being Safe in the Refuge

If anyone asks me what the Refuge address is I will not tell them, even if it is my dad.

My Child Advocate at the Refuge is _____

Sometimes if my mum needs to do something she will look after me and teach me how to be safe. Anytime I feel unsafe or I need something I can ask her.

I can also call the Kids Help Line on 1800 55 1800 if I need to talk to someone.

There are other kids at the refuge too, just like me. We can all play nicely together and be friends.

There are some rules at the Refuge, just like there might have been rules in your house too. We must all follow the rules and be respectful of each other.



**I talk on the phone all the time.
If I feel upset or scared I tell my
mum. I also call Kids Helpline too!
Their number is 1800 55 1800.**

Having Special Codes

Code can be special words or objects that only you and a few other people know about. They will help you to keep safe when you are feeling scared or you have been hurt.

If someone wants to pick you up after school but your mum didn't tell you about them getting you, the special code word they will say is:

If you are at a friend's house and you don't feel right and want to go home but you are worried what your friend or their parent's might think, the code is:

(an example might be that you are "worried about nan" or "you forgot your medicine" etc.) then you will be picked up.

If you move your favourite toy in your room and place it in the 'special place', your mum will know something is wrong. That 'special place' is:

I'm a spy and I have many codes. Codes can help you stay safe! Make some up with an adult you trust now.

