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**Safety Plan**

Safety planning might be useful if you are in a relationship where your partner could be violent or abusive. It is very important that you know that this is never your fault and there is nothing you do to cause it. However, there are some things that you can to do keep yourself (and others) safe if it does happen.

**What is a safety plan?**

A safety plan can help you to plan how to protect yourself if you find yourself at risk of harm. You can use a safety plan to think in advance about what might happen and how you can protect yourself.

**How do I make a safety plan?**

Below is a template – it is important that the plan is personalized to you so that it is relevant. Try to complete this with someone you trust who can help and support you as you fill it out.

**What next?**

When you have completed the plan, it might be helpful to keep a copy for yourself somewhere safe. It might also be useful to give a copy to a trusted adult. You may need to think about how you will prevent your partner from seeing this plan. This might need to be just for you.

**My safety plan**

I will look out for early signs that I might be in danger. Signs that I might be at risk might be:



If I notice the signs of danger, I will take these steps to keep myself safe:



**EMERGENCY CONTACTS**

If I am worried about my safety then I will call/ text: ­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Their number is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I might need to use a code word. This will be\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I have told them in advance that this is the plan.

**OTHER CONTACTS**

I might need to contact other people or support services if I feel I am unsafe. These are some of the contacts and their numbers that I might need:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I have saved these numbers in my phone in case.

**EXIT PLAN**

It might be necessary for me to leave in an emergency.

The safest way for me to leave would be:

If I had to leave, I would go here:

It might be helpful if I packed a bag ready just in case I needed to get out. Below is a checklist of the things that I would pack (tick all of those that apply)

* Mobile phone and charger
* Keys
* Change of clothes
* Toiletries
* Spare money or bank card
* Form of ID
* Important documents
* Coat
* Medications
* Valuable items
* Special possessions

Other:



**My safety plan**

**LOOKING AFTER MYSELF**

It is really important that I look after myself if I experience abuse.

These are the things that I will remember I like about myself:



These are the negative thoughts that I might have about myself and the situation:



These are some more positive thoughts that I could have (think about what you would say to a friend if it happened to them)



These are some of the things I can do to relax and calm down:



**My safety plan**