

My emergency safety plan

If I don't feel safe inside my house, I will go to a safe place and talk to a trusted adult. If needed, I will go somewhere else inside my house and make the call.

My safe place inside my house is:

The person I can ring is called:

Their number is:

Or if I need to I will go somewhere outside of my house.

My safe place outside my house is:

I will phone the police if I am afraid that I might get hurt or if I am hurt.

Their number is:

I will talk to someone that I trust about what is happening to me, so that I have a friend that I can turn to.

That person is:

I can contact them at:

If they are not available I can contact:

I know the details of two support services I could access who understand young people experiencing abuse.

Name:

Number:

Name:

Number:

These are the two things that I know will help to keep me safe: