

Is there anything else I need to add to my plan?

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STAYING SAFE PLAN [DOMESTIC ABUSE]

Did you know that domestic abuse is any type of controlling, bullying, threatening or violent behaviour between people in a relationship? But it isn't just physical violence – domestic abuse includes emotional, physical, sexual, financial or psychological abuse.

This type of abusive behaviour can occur in any relationship and it can continue even after the relationship has ended and that both men and women can be either the abused or abusers.

For you witnessing domestic abuse, it can be terrifying and can seriously affect everything from how you feel, how you act at College and even how you behave in your own relationships. A lot of the time adults believe they are protecting their children from what is happening and believe if the young people are not actually in the room when the violence or abuse is occurring then they won't pick up on this. As a teenager you can also suffer domestic abuse in your relationships.

Things can go from good to bad really quickly at home or in your relationship so it is important that you know what to do and have a plan if you find yourself in a situation.

Please work through all the sections, starting with “Safe Place” and for each section, enter your own tailored response. Everybody’s response will be different in terms of the things that they find helpful, so your safety plan will be unique to you and it may only make sense to you – that’s ok. For each section there are some examples in each text box to help you think about your answers.

If you are using the safety plan on a portable electronic device and for safety and privacy please make sure your device is password or pin protected at all times.



Support Emergency 999, Samaritans 116 123, Childline 0800 1111, Independent Domestic Abuse Services Helpline 01226 320 112, Domestic Abuse Helpline 03000 110 110, Rape Support Line 0300 111 0777, BSARCS 01226 320 140



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If I need to, I will go somewhere else inside my house to avoid being caught up in the arguing/fighting,

My Safe Place inside my house is:

My mobile number is:

Or if it becomes not safe to stay in the house I have an exit plan. If I need to I will go somewhere outside of my house.

The quickest way out of the house is:

The keys to the front/back door are kept:

My safe place outside my house is:

Who is my safe trusted adult nearby?

What are their contact details?

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

Police emergency...999

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.

My friend who I trust is:

I can contact them at:

If they are not available I can contact:

I know it can be really hard and scary to do some of the things above and I may need help getting support and making decisions. Which member of staff at College do I trust and feel able to talk to?

Staff member at College is:

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

Name:

Number:

Name:

Number:



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