



# My Safety Plan

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

This Safety Plan belongs to

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

# Being Safe at Home

In an emergency I will trust my instincts or my 'warning signs' and I will call the Police on 000.

When my parents 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 need to contact someone else, I can call these five people:

1. \_\_\_\_\_ Phone number: \_\_\_\_\_
2. \_\_\_\_\_ Phone number: \_\_\_\_\_
3. \_\_\_\_\_ Phone number: \_\_\_\_\_
4. \_\_\_\_\_ Phone number: \_\_\_\_\_
5. \_\_\_\_\_ Phone number: \_\_\_\_\_

These people know that they are on my safety plan and I can call them anytime I need to.

I can also call the Kids Help Line on 1800 55 1800 if I need to talk to someone, or the Police on 131 444.

# What are 'warning signs'?

Warning signs are instincts in your body that let you know you might be in danger. You should trust your instincts and your body's messages to you.

Can you list down all of the 'warning signs' in your body that might let you know you're in a risky situation or about to be in a dangerous situation?

Here's a few to start you off:

1. Butterflies in your stomach
2. Wobbly legs
3. Shallow breathing
4. .
5. .
6. .
7. .
8. .
9. .
- 10..



# Being Safe in the Refuge

If you are living in a refuge, it's important to discuss these things with your mum and your advocate...

If anyone asks me what the Refuge address is I will not tell them, even if it is my dad. That is the rule and it's in place to keep you safe.

My Child Advocate at the Refuge is \_\_\_\_\_  
Sometimes if my mum needs to do something my advocate will look after me and teach me things to help keep me safe. Anytime I feel unsafe or I need something I can ask my advocate.

Even though I'm not really a kid anymore, I can also call the Kids Help Line on 1800 55 1800 if I need to talk to someone. There are other teens at the refuge too, just like me. We can all hang out and be friendly to each other.

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.

# 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:

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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:

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(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 'special object' (eg. it could be your favourite book or DVD) in your room and place it in the 'special place', your mum will know something is wrong. That 'special object' is: \_\_\_\_\_.

The 'special place' is: \_\_\_\_\_.



# Notes

Did you want to add anything else?? You can write some more notes here that can help to keep you safe.