

# My Safety Plan

## You need to know

You are **not to blame** for the abuse.

**Don't** put yourself in danger.

You are not responsible for your parents' safety - they would not want you to be hurt while you tried to help.

**Get help by going to a safe place.**

Why do I need a safety plan? You see or hear someone in your home hitting, kicking, punching or threatening to hurt your either mum or dad, you probably feel frightened or upset.

Maybe they are throwing things, breaking property or harming your pet. Knowing who to call and how to get help is the best way for you to help your parents or someone else who is being hurt.

Even if you hear your parents say your name during a fight, **you are not responsible** for how adults act.

Abuse is very dangerous and it is **against the law.**

If you have a **safe place**, go there when it is happening.

If you can get to a phone in your house or a neighbour's house, you can then call for help.

**Don't call in front of the abuse.**

## My safety plan details

Fill in your details with a parent or trusted adult. If possible, practice getting help.

When I get scared, I can go to:

When I am feeling sad or afraid, I can talk to:

The best ways to get out of my house are:

In an emergency I could:

**My important phone numbers are:**

My phone number:

The police / local police:

A neighbour, friend or relative's number:

**Keep this in a safe place!**

# When you get to safety, call for help...

## Safety - what to know

Once you are in a safe place in your own house, a neighbour's home or at a friend's house - **get help.**

Learn how to **contact police.**

Know your **street address** and **phone number.**

Know your **full name** to give to the police.

**Practice** what you will say if you have to call 999.

## Remember

Don't feel responsible for the abuse.  
**It is not your fault!**

### Get to safety.

It is not your job to stop the violence or to get involved in a fight.

**There are people who you can talk to.** They can help you deal with the pain of seeing or hearing others being harmed.

## What is a safe place?

Try to find a place with a **lock** on the door and a **phone.**

## Dial 999

They will ask which service you need:

**POLICE, FIRE or AMBULANCE**

Your answer is **POLICE**

Then say:

My name is

I am

years old

You then need to say:

**"I need help. Please send the police.  
Someone is being hurt in my house."**

The address here is

The phone number is

**Don't hang up the phone when you finish talking.**  
The police will call you back if you hang up.

## Helplines

### Childline (for children only)

A free helpline for children and young people in the UK.

**Tel: 0800 1111**

**[www.childline.org.uk](http://www.childline.org.uk)**

### NSPCC

A free confidential service for anyone concerned about children at risk from harm, offering counselling, information and advice. The service can also connect vulnerable young people, particularly runaways to services that can help.

**Tel: 0808 800 5000**

**[www.nspcc.org.uk](http://www.nspcc.org.uk)**