

**I can also call Child Safety Services if I am being harmed at home by an adult**

1300 682 254 (after hours; 1800 177 135)

**What I notice in other people before they escalates or ‘set off’**

**Places or times I often feel tense and like I’m walking on egg shells:**

**Other people I should go to if I feel unsafe are:**

* **If there is danger in my house, I will leave and go to:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* **If I can’t go there, I will go to:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**When I notice this, I will move to a safe place in my home & use my ideas:**

* **I can make sure I have my phone charged and on me, & some money**
* **I can keep a diary of what’s happening to share with my safety adults**
* **While I am waiting for the fighting to stop, I can do something that makes me feel better**
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **Everyone has the RIGHT to feel safe at home!**
* **There are people who are there to help me feel safe.**
* **It is okay and allowed to ask for help if I don’t feel safe at home**
* **It’s important that children do not get involved in trying to stop the fighting between adults. If I am close by, I will stay out of sight, and try have a phone nearby.**
* **Read more here:** [**https://kidshelpline.com.au/teens/issues/staying-safe-abusive-home**](https://kidshelpline.com.au/teens/issues/staying-safe-abusive-home) **and** <https://kidshelpline.com.au/teens/issues/domestic-violence-home>

My Safety Plan

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**I can call 000 if I am scared and in danger at home!**