



# WORKSHEET



# SAFETY PLANNING FOR CHILDREN

Acknowledgements to:  
Chris Greenwood- Cheshire County Council  
Helping Hands NIWAF  
Bursting the Bubble



## **INTRODUCTION**

The aim of this workbook, is to promote wider discussion of children's feelings about the situation they are living in.

It is to be used as an aid for Professionals when assessing a child's needs, feelings and wishes.

**Everyone has the right to feel safe all the time. They have the right to be cared for in a safe environment.**

The key message to give to the child is that the situation they are living in is not their fault.

- They need to protect themselves by finding a safe person to talk to and a safe place to go.
- Identifying who they can talk to about the difficulties they live with.
- It is important for them to know that it is not their fault.
- Children have the right to protect themselves and say **NO**.

Giving the child practical skills appropriate to age is helpful such as how to telephone the police and give their name and address, obviously being careful not to add extra guilt or anxiety if they do not feel able to do this.

I have included Helping Hand sheets that can be used:-

- Creating an imaginary safe place helps children to relax.
- Learning "oh oh" feelings help children identify and trust their feelings when something is not right.
- The Helping Hand sheet is used to identify and remind children whom they can talk to when they feel unsafe. As well as identifying safe people the child can talk to remember the cat, dog, rabbit or cuddly toy can go on the palm as these give comfort.

### **Childline** (for children only)

A free helpline for children and young people in the UK

Tel: 0800 1111

Website: [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

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

### **The Hideout**

Women's Aid have created this space to help children and young people to understand domestic abuse, and how to take positive action if it's happening to you.

Website: [www.thehideout.org.uk](http://www.thehideout.org.uk)



**SAFETY PLANNING INCREASES POWER AND DECREASES FEAR**



From Helping Hands for Children –acknowledgments to N.I.W.A.F.

**FEELING SAFE**

**When we feel safe we get lots of nice feelings in our body. Draw or write what sort of feelings you get when you feel safe**



**There may be places where we feel safe.  
Where is yours?**

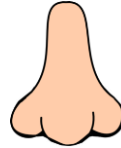


## My Imaginary Safe Place

What would it look like?



What would it smell like?



What would it sound like?

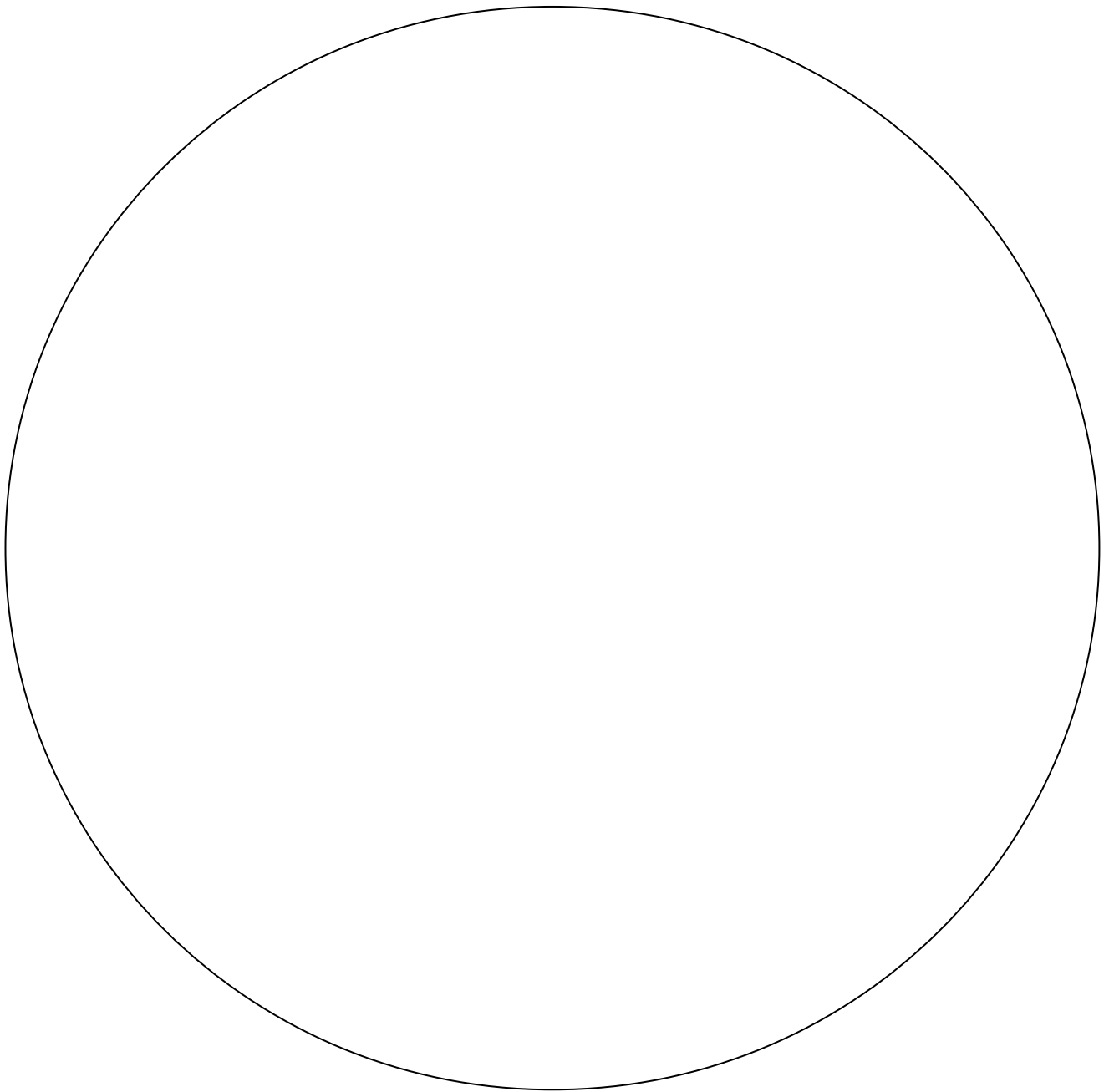


How do you think you would feel in  
your imaginary safe place?



## MY IMAGINARY SAFE PLACE

Perhaps you could draw a picture of your imaginary place:





## OH OH SIGNS

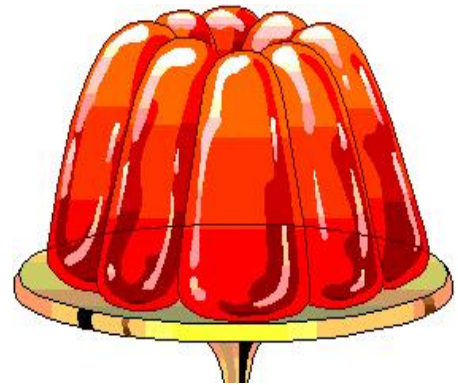


When we do not feel safe, our body tells us by giving us signs. These are sometimes called OH OH signs. Everyone has different OH OH signs, here are a few.

**Our heart might beat faster, as though we have been running a lot**



**Parts of our body might feel like jelly**



**Parts of our body might shiver, as if we were cold**

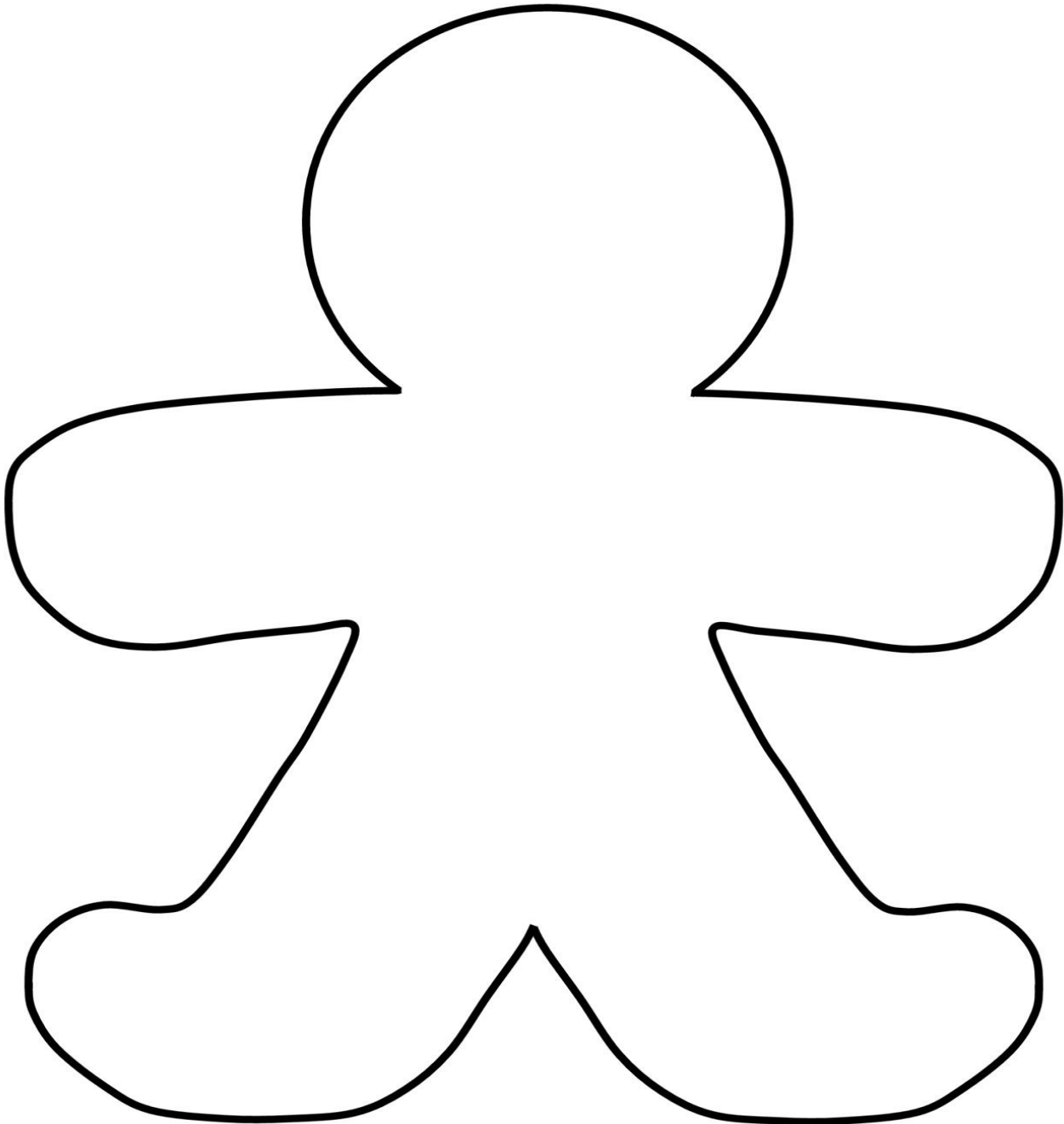


**Draw what else might happen**



### My OH OH Signs

On the gingerbread person below, draw or write where you get your OH OH signs





### Who Can We Tell?

In the spaces below, fill in as many names as possible of people whom you could share your feelings with



**People in my family I could share my feelings with**



**People outside my family I could share my feelings with**





## My Own Helping Hand

**Draw around your hand and place the names of people you could talk to if you needed advice.**





## Resources

### **Childline** (for children only)

A free helpline for children and young people in the UK

Tel: 0800 1111

Website: [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

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

### **The Hideout**

Women's Aid have created this space to help children and young people to understand domestic abuse, and how to take positive action if it's happening to you.

Website: [www.thehideout.org.uk](http://www.thehideout.org.uk)

### **Family Action**

Supporting disadvantaged and socially isolated families with a wide range of services and solutions.

Tel: 020 7254 6251

Website: [www.family-action.org.uk](http://www.family-action.org.uk)

### **Young Minds**

Improving the emotional wellbeing and mental health of children and young people and empowering their parents and carers.

Tel: 0808 802 5544

Website: [www.youngminds.org.uk/](http://www.youngminds.org.uk/)

### **Family Lives**

Family Lives is a national charity that works for, and with, parents. Providing confidential advice and other support services.

Tel: 0808 800 2222

Website: [www.familylives.org.uk](http://www.familylives.org.uk)

**Gingerbread Single Parent Helpline**- provides support and expert advice on anything from dealing with a break-up, to going back to work or sorting out maintenance, benefit or tax credit issues. Our friendly advisers will talk through your options and will send you useful information. Your call is confidential.

Tel: 0808 802 0925

Website: [www.gingerbread.org.uk/](http://www.gingerbread.org.uk/)

### **Home-Start UK**

Home-Start is a national family support charity that helps parents to build better lives for their children. Our volunteers provide support and friendship to more than 29,170 families every year.

Website to find local contacts: <http://www.home-start.org.uk/findsupport/search>