

My Safe Relationship Plan

Name _____

Feeling safe

I feel safe in these situations/places, and with these people...	I sometimes feel unsafe in these situations/places, and with these people...

Is my relationship healthy?

Healthy behaviour	Harmful behaviour
<ul style="list-style-type: none">• Supports me in my chosen activities• Listens to me and tries to help me • We enjoy time together and apart• Compliments me and makes me feel good about myself• Gets on with my friends and family • Encourages me to try new things	<ul style="list-style-type: none">• Tells me what to do, wear and/or say• Texts or calls me all the time. Checks up on where I am• Gets jealous or possessive• Accuses me of flirting or cheating • Doesn't like my friends and/or family. Tries to stop me seeing them• Criticises me, calls me names• Hurts me, or threatens to hurt me• Yells and shouts at me, throws things and breaks things• Makes me do things I don't want to do

My relationship with these people involves some harmful behaviour:

Asking for help

Who can I talk to about what's happening in my relationship?

Who can help me if I am worried or afraid, or if I don't know what to do?

If someone tries to make me feel bad about myself I will think of these things I like about myself:

If someone is threatening to hurt me...



Who can I call to help me in an emergency?

Name _____ Phone number _____

Or call 999 and ask for the police. If you cannot speak on the phone, leave the phone line open and they will find you.

When I'm at school

The safest way for me to get to and from school is...

I can ask a friend to walk with me between classes. I will ask these friends:

I will spend break and lunch times in areas of the school where there are lots of people, including adults. I feel safe in these places:

I can talk to these teachers about the problem and they will help me to stay safe:

When I'm out in the community

✓	I will keep my mobile phone charged up and with me at all times
✓	I will let my foster family know where I am, who I am with and when I'll be home
✓	I can share my location with my foster family using an app such as Life360
✓	I will try and stay in well-lit areas, where there are other people around
✓	If I feel uncomfortable in a situation I will leave – even if my friends are staying. I will call my foster family to pick me up
✓	I will call 999 if I think I'm at risk of harm

These are the safe places where I can go in an emergency:

Emergency contact numbers:

Name	Number
Police	999

My code word to alert my emergency contacts that I need help (if I can't talk):

N.B. if you share a location tracking app with your foster family (e.g. Life360) they will be able to see where you are and find you in an emergency.