

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... |
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| | |

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

Asking for help

If you feel unhappy or unsafe, who can you ask for help? Can you identify 5 people who you can talk to?

| Name | Phone number |
|------|--------------|
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Help in an emergency

| I can call this person to help me in an emergency | These are safe places I can go if I think I'm in danger, or if someone hurts me |
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| | |

Keeping myself safe

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| ✓ | I will keep my mobile phone charged up and with me, when I'm away from home |
| ✓ | I will let my foster family know where I am, who I am with and when I'll be home |
| ✓ | I will try and stay in well-lit areas, where there are other people around |
| ✓ | I will call 999 if I think I'm at risk of harm |
| ✓ | If I feel uncomfortable in a situation I will leave – even if my friends are staying. I can call my foster family for help if I need picking up |
| ✓ | I will spend time with people who make me feel safe, supported and good about myself |
| ✓ | I will make my online accounts private, so I can control who sees my posts |
| ✓ | I will save any abusive comments, posts or messages I receive and report the person who sent them. My foster family can help me to do this |
| ✗ | I won't make rude or nasty comments to people online |
| ✗ | I won't share my passwords with anyone else |
| ✗ | I won't answer calls from unknown phone numbers |