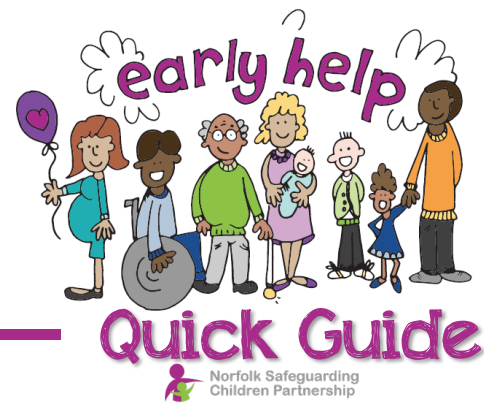


Safety Planning



What is a Safety Plan?

A safety plan is a specific set of rules and arrangements that describe how the family will live its day to day life and show everyone how the child will be safe and well. It includes information specific to children's lived experiences and increases their safety at school, home, and other places they might go. The purpose of a safety plan is to show how the family will achieve the safety goal. The safety plan should be family-owned and include the family's ideas about how they will keep their children safe. A safety plan can also be created alongside a child so they understand what the plan may look like and who this will include.

Benefits of Safety Planning

- Families fully participate in planning for the safety and wellbeing of their children.
- Greater feelings of empowerment by families as they are encouraged and supported to make decisions and plans.
- Mobilisation of greater informal and family network support for families.
- A strength-based approach is used instead of a deficit-based model.
- The agency and the family work together to create a family plan.
- Supporting children to feel safe within the family home.

Key questions for Safety Planning with families and their networks

- What do you think needs to be in place to show everyone that the children will be safe and well looked after when they are with you?
- Have there been times when these worries have been managed well or better in the past? (Looking for examples of existing strengths and safety)
- What have been or could be the triggers and stressors in this situation that may lead to these worries happening again in the future? Who will do what, when and how, to prevent this from happening?
- What would be the first sign that would tell us that the worries are building in this situation? What would be the 'red flags' that would tell us that the child is no longer safe or being well looked after? Who will do what, when and how to ensure the child is safe when the danger is present?

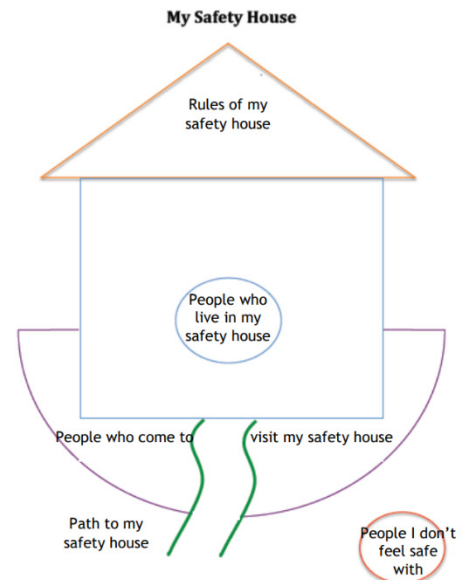
Tools to support Safety Planning :

Safety Object

An object identified by a child that they will use to alert people if they are worried, hurt or they need to talk. When they move the object at home, or give it to a teacher or another worker, they will give the child the opportunity to talk about what has happened.

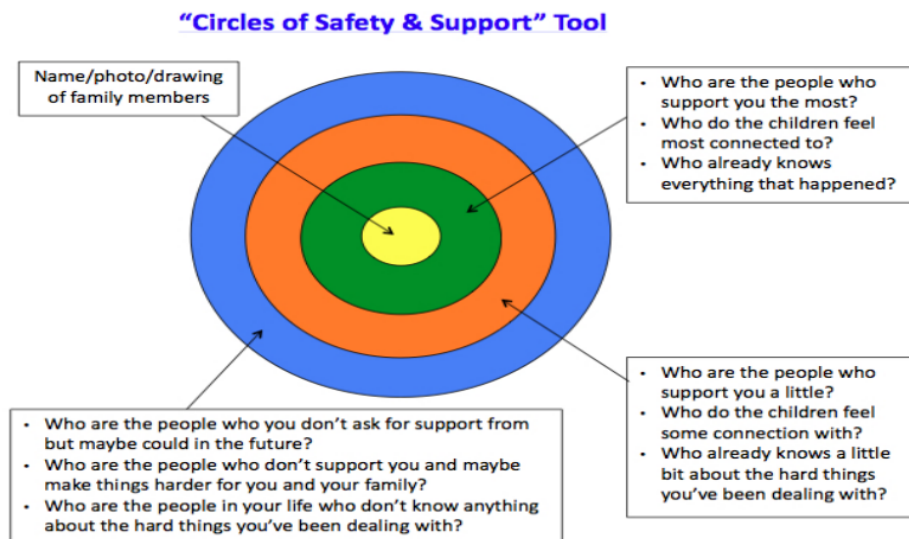
Safety House

The tool was developed by Sonja Parker. Through this process, children are able to communicate how safe they feel in their own home and offer very detailed ideas from their perspective about what actions would need to occur to help them feel safer in their homes and which adults are best able to support that. Progress can also be assessed by changes in the safety house drawing and can be a key tool in the assessment of risk and safety planning.



Safety Circles

A set of tools devised by Susie Essex for children and parents, using concentric circle templates similar to ecomaps. They help children and parents explore who is in their network, and also explore issues of consent and sharing information with their network.



Safety Journal

A journal used by the family network to evidence their daily activity that has helped keep the child safe, and report on whether workers have done what they said they would do to help.

Further Reading & Information:

[Norfolk Guide to Safety Planning](#)

[Words & Pictures Safety plan example](#)