



# **SAFETY AND ME**



my **cwa**

live free

Everyone deserves healthy, safe and supportive relationships. If a relationship is harmful to you, it's really important that you know it's not your fault.

Think of ways to keep yourself safe – whether you end the relationship or not. You can't control your partner's abusive behaviour, but you can take action to keep yourself as safe as possible.

A safety plan can help you stay safe and help provide direction when potentially harmful situations arise. You might want to share your safety plan with someone you trust. But you don't have to.

# MY SAFETY PLAN

What types of situations make me feel uneasy, scared or at risk of harm?

1

.....

2

.....

3

.....

4

.....



# PLACES OF SAFETY

## HOME

If I'm in immediate danger, I'll need to ring 999

- If I feel unsafe at home, I'll go to a safe place and talk to someone who can help me.
- I can go to this safe place and make the call.
- If I'm not safe indoors, I'll go outside my house.

## WHERE DO I FEEL SAFE?

My safe places are:

.....

.....

I can talk safely to...

Name

.....

Tel. No.

.....

**I can talk safely to...**

Name

.....

Tel. No.

.....

**I can talk safely to...**

Name

.....

Tel. No.

.....

# PLACES OF SAFETY

## HOME

I can talk to .....  
about my relationship.

The safest way for me to leave my house in an emergency is:

.....

If I'm in immediate danger, I'll dial 999



# THINGS TO THINK ABOUT

Do I need to make a code word or phrase that tells someone I need help?

.....


## To improve my wellbeing, I can...

- Think of positive things about me:
  - Do things I enjoy:
  - Join a club or volunteer:
  - Something else:
- .....



**PLACE OF SAFETY  
WHEN AT MY  
PARTNER'S HOUSE**



- 
- 1 If I feel unsafe when I'm at my partner's house, I can try to move to a safe place or I can decide to leave.
  - 2 I'll always make sure someone knows where I am.
  - 3 I'll try to remember their behaviour is not my fault and I deserve to be treated lovingly and equally.
  - 4 I will make sure I know how to leave safely, for example I will know where the windows and doors are including the exits out of the house
  - 5 **If I decide to leave, I will:**
-



**PLACE OF SAFETY  
WHEN AT MY  
PARTNER'S HOUSE**

1 If I need help I can contact: .....

2 I'll go to: .....

3 I'll get there by: .....

..... can collect me at an agreed time

4 If I'm feeling unsafe or worried by my partner's mood or behaviour, I can move somewhere safe, such as:

.....

5 If it's safer, we can meet .....

when ..... is going to be there.

# PLACE OF SAFETY WHEN AT MY PARTNER'S HOUSE

I might need these items in my bag:

Mobile Phone

Keys

Medicine

Something else:

.....

.....

.....

.....



# PLACES OF SAFETY

## SCHOOL/COLLEGE

If I don't feel safe going to school/college or in class, I can use different routes or walk with friend/ class mates.

At school/college, I can choose a time and place to speak to a trusted adult about the situation - or about how I'm feeling.

1 I can get to and from school/college safely by:

.....

2 The friends / classmates I can walk between lessons with are:

.....

3 I can eat in safe places by:

.....

4 My trusted adult at school is:

.....





# PLACE OF SAFETY OUT AND ABOUT

When I'm out of school/college and feel unsafe, I could suggest meeting in public places or with friends. I can pick a specific route and time to get there. I'll keep my mobile phone with me and I know who to ring if I feel unsafe.

1 I can get to and from my destination safely by:

.....

2 I can meet friends at an agreed time:

.....

3 I can meet in public places such as:

.....

4 I'll ring:

.....

If I feel unsafe I'll have a pre arranged pick up or meeting place agreed with a trusted friend or an adult I trust at:

.....

Not everybody online is who they say they are. Never post personal information like your address or phone number online.

Think carefully before posting text, pictures or videos. Most people can download it and share it themselves.

Keep your privacy settings high and never meet up with people you've only met online.

If something you see online worries you, tell a trusted adult.

**This can include sexting, pornography and cyberbullying.**


1 What information is okay to share online?

---

2 Who will I talk to if I feel uncomfortable by something I have read or seen?

---





You might want to express your feelings of love to a partner or to an individual you think you can trust.

Sometimes you may be put under pressure to send pictures of yourself to please a partner or someone online.

You should never feel under pressure to do this before making any decisions talk it over in person with someone you trust.

- I won't say or do anything I wouldn't do in person.
- I'll never give out passwords or security information.
- I can speak to a trusted adult if there's something bothering me.
- I know how to change my privacy settings to private and can find the report/delete buttons.
- I can download the Zipit app to help with tricky conversations on direct messages and chat.
- Other



# I CAN LOOK AFTER MY FEELINGS BY:

Talking to

.....

Writing down my feelings in

.....

Drawing a picture of

.....

Exercise by

.....

Calm breathing

.....

Doing something that makes me happy

.....

Other

.....



## MY SAFE SPACE WILL HAVE:

Music

Mobile phone

Pens and paper

Sensory box or fidget cube

Other .....





**LINKS  
FOR EXTRA  
HELP AND  
SUPPORT**

## **My CWA**

✉ [info@mycwa.org.uk](mailto:info@mycwa.org.uk)

☎ 01270 250390

🌐 [www.mycwa.org.uk](http://www.mycwa.org.uk)

## **Healthy Teen Relationships**

🌐 [www.actonitnow.co.uk](http://www.actonitnow.co.uk)

## **Live Well Cheshire East**

🌐 [www.cheshireeast.gov.uk](http://www.cheshireeast.gov.uk)

## **Starting Well Cheshire East & Chester**

🌐 [www.cheshirewestandchester.gov.uk](http://www.cheshirewestandchester.gov.uk)

## **Safety Guide & Visual Guide - Bullying**

🌐 [www.safetyguide.co.uk](http://www.safetyguide.co.uk)

## **Kooth - Free Safe Advice for Children & Young People**

🌐 [www.kooth.com](http://www.kooth.com)

## **Childline**

☎ 0800 1111

🌐 [www.childline.org.uk](http://www.childline.org.uk)

## **Anti-Bullying – Including Cyber Bullying Information**

🌐 [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

**24 hour helpline 0300 123 5101**

[www.mycwa.org.uk](http://www.mycwa.org.uk)

**#myCWAalivefree**



Lily Jones Support Centre  
Mill House, Brook St,  
Crewe, CW2 7DE



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