



## Keeping Safe

We can all make choices to help keep us safer. This booklet will help you think of actions you can take to help you feel safer and happier.

Having trusted adults helps you think through your safety choices and gives you back-up in an emergency.

Find out more at:

[WWW.YOUANDCO.ORG.UK](http://WWW.YOUANDCO.ORG.UK)



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# ! Early Warning Signs

When we are not safe, our body tells us by giving us some signs, these are sometimes called Early Warning Signs (EWS). These feelings might be:

Heart beats faster



Shiver



Legs turn to jelly



Butterflies in tummy



Sweat



Feel sick



My Early Warning Signs are...



## What is a trusted adult?

Think of the trusted adults you know. Who can help you when you don't feel safe? Who can you talk to about how you are feeling?

Here are some questions to help you think through who might be a trusted and safe adult. If you can answer yes to these questions, then this might be a person you can go to for help. Trusted adults may include parents, grandparents, other relatives, teachers, social workers, youth workers, support workers, friend's parents, club leader etc.

✓ Yes

✗ No

Do you feel safe with this person?

Are you happy being around this person?

Can you talk to them about how you feel?

Do they listen to what you say?

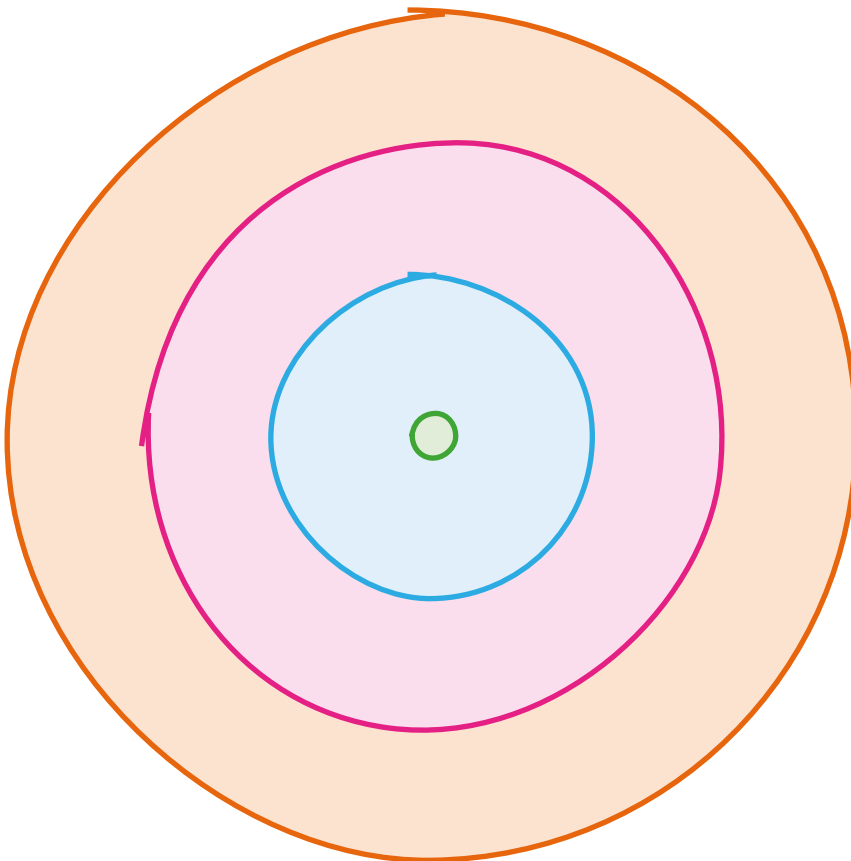
Have they helped you before?

Do they care about your safety?



# Circles of safety

Once you have worked out which trusted adults you have, write their names in the circle below. Put those you are most likely to ask for help when you feel unsafe in the middle, and those who you find it more difficult to ask for help on the outside.



KEY:

- ME**
- MOST TRUSTED ADULTS:**  
These are adults you feel safe with, and that you can talk to about how you feel. You would go to these adults first if you needed help.
- OTHER TRUSTED ADULTS:**  
These are adults that you still feel safe with, but you might not go to them first if you needed help.
- OTHER ADULTS:**  
These might be other adults in your life that might be able to help, but you may not have asked them before, or you may be unsure how they can help.



You should talk to your trusted adult about how you will contact them or ways you can tell them you feel unsafe. This may include:

- |                                  |                                  |                                      |
|----------------------------------|----------------------------------|--------------------------------------|
| <input type="checkbox"/> Phone   | <input type="checkbox"/> Writing | <input type="checkbox"/> Text        |
| <input type="checkbox"/> Drawing | <input type="checkbox"/> Email   | <input type="checkbox"/> Other _____ |



# Safe Places

There may be some places you go to where you feel safe, and some places you go where you don't feel safe. These could include school, home, friend/relatives house, the park, on public transport, at the bus stop. You may feel safe in different places at different times of the day.



My safe places are...



My unsafe places are...

For some young people, places that should be safe, like school or home become unsafe. Speak to a trusted adult about how you can keep safe there.

Sometimes, keeping safe means staying away from some areas or travelling in a different way.

Things I will do to keep safe in certain places are...

- |  |   |
|--|---|
| <input type="checkbox"/> Travel with a friend/family                   | <input type="checkbox"/> Take a mobile phone (remember credit!) |
| <input type="checkbox"/> Avoid places / people I know are unsafe       | <input type="checkbox"/> Take a bus/route home I know is safe   |
| <input type="checkbox"/> Tell a trusted adult where I am               | <input type="checkbox"/> Find a safe space at home / school     |
| <input type="checkbox"/> Tell a trusted adult what time I will be back | <input type="checkbox"/> Other: _____                           |

Notes: \_\_\_\_\_

\_\_\_\_\_



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# Safe Choices

You can help to keep yourself safe by trying not to take risks and make safer choices, do you take any of the risks below?

- unsafe internet use
- committing a crime
- skipping school
- using drugs or alcohol
- staying away from home for long periods of time
- being part of a gang
- hanging out with other young people who take the risks above

When making safer choices, ask yourself:

- ✓ Does a safe and trusted adult know where I am?
- ✓ Will they take action if they are worried about me?
- ✓ Can I get help if I need it?

## ✓ Five tips for safer choices



### 1. Online

Stay safe online by knowing who you are talking to, not sharing anything that might put you in danger and making sure you set your privacy settings.



### 2. Crime

Committing a crime, whether you are being pressured to or you are choosing too, puts your safety at risk. Think about your safer choices.



### 3. Stay in school

It's important to keep going to school, it keeps you in touch with people who can help like your friends and teachers, and makes sure you get a good education.



### 4. Tell someone where you are

If you go missing or stay away from home, trusted adults might not know where you are. When trusted adults know where you are, they can help to keep you safe.



### 5. Drugs and alcohol

It's harder to keep safe if you have taken drugs or alcohol. If you have, don't get separated from trusted friends. If you need help to cut down on drinking or drugs use, contact FRANK on [www.talktofrank.com](http://www.talktofrank.com) or 0300 123 6600.



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# Keeping Safe – My Plan

Keep your plan safe where only you or your trusted adults can see it.



Safe trusted adults I can ask for help from:

Name: \_\_\_\_\_ Contact: \_\_\_\_\_

Name: \_\_\_\_\_ Contact: \_\_\_\_\_

Name: \_\_\_\_\_ Contact: \_\_\_\_\_



Other ways I can get help are:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



In an emergency I will call **999**. I can also contact the police on **101**.



A safe place I can go to is:

\_\_\_\_\_  
\_\_\_\_\_



Travelling safely:

\_\_\_\_\_  
\_\_\_\_\_



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Your safe and trusted adults may be different depending on your situation and where you are feeling unsafe. This might be at school, at home, or other places you go such as to the park or a youth club. Safe trusted adults for you may include:

- Parent
- Family member
- Teacher
- Club leader
- Youth Worker
- Social Worker
- Doctor / nurse
- Religious leader

It is useful to have more than one trusted adult you can ask for help. Look on [www.youandco.org.uk](http://www.youandco.org.uk) for more info on how to ask an adult for help. You need to let your safe and trusted adults know that you have included them in your safety plan.



#### Helplines you may want to consider are:

Childline ([www.childline.org.uk](http://www.childline.org.uk)) - they offer 24-hour support for young people on a range of issues; call 0800 1111

Get Connected ([www.getconnected.org.uk](http://www.getconnected.org.uk)) - offers confidential help by telephone, email, text or webchat, for young people under 25; call 0808 808 4994.

You&Co ([www.youandco.org.uk](http://www.youandco.org.uk)) - You & Co is Victim Support's youth programme that helps young people cope with the impact and effects of crime. You do not have to report the crime to the police to get support from us

#### What happens when you call 999?

If a crime is still happening, or you have been hurt then call 999. An operator will ask you which emergency service you need. Let them know if you need the police, the fire brigade or the ambulance. You will need to give the following information:

- Name
- Address or where you are
- The phone number you are calling from
- Exactly what has happened

As soon as the operator knows where you are they will start arranging help for you.

#### When should I use 101?

If the crime has already happened, it is not an emergency and you are not hurt you can call 101 and they will send an officer out to meet you. Calls to 101 are answered by your local police force. You might use 101, for example, if your mobile phone was stolen from you the night before.



Everyone's safe place will be different, depending on your situation and what you are experiencing. Here are some examples of other people's safe places to help you think through where your safe place might be:

- Jack is bullied in the school playground. His safe place is his teacher's office.
- Zahera's parents are fighting. Her safe place is with her Auntie who lives next door.



Sometimes in order to keep safe you need to get away from a place of danger. It is important to plan safe ways to travel; this might be making sure you walk home a certain way, take a certain bus route home or use a safe taxi company to get around. Remember to always let trusted adults know where you are. It can also be helpful to travel with friends or family, or take a mobile phone with you in case you need to make an emergency phone call.



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