My Safety Plan

You’ve got the right to feel safe at home or in your relationship. Your safety plan says who to contact if you need support. Fill out the plan below with an adult you trust, or talk to Childline about it.

Who I can talk to for help:

Tip: Include adults you trust at school, home or professionals who are there to support you.

|  |  |  |
| --- | --- | --- |
| Name | Contact details | When they’re available |
|  |  |  |
|  |  |  |
|  |  |  |

Other places to get support:

|  |  |
| --- | --- |
| Childline: Open 24 hours a day. Call for free on 0800 1111 or start a [1-2-1 chat](https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/). | In an emergency:Call 999 or go to a local police station |

Places I can go for support:

At school:

|  |  |
| --- | --- |
| Who I should talk to: |  |
| Where I can go for help: |  |

At home:

|  |  |
| --- | --- |
| Who I should talk to: |  |
| Where I can go for help: |  |

When I’m out:

|  |  |
| --- | --- |
| Who I should talk to: |  |
| Where I can go for help: |  |