



**OXFORDSHIRE
COUNTY COUNCIL**

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WORKSHEET



SAFETY PLANNING FOR CHILDREN

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INTRODUCTION

The aim of this workbook, is to promote wider discussion of children's feelings about the situation they are living in.

It is to be used as an aid for Professionals when assessing a child's needs, feelings and wishes.

Everyone has the right to feel safe all the time. They have the right to be cared for in a safe environment.

The key message to give to the child is that the situation they are living in is not their fault.

- They need to protect themselves by finding a safe person to talk to and a safe place to go.
- Identifying who they can talk to about the difficulties they live with.
- It is important for them to know that it is not their fault.
- Children have the right to protect themselves and say **NO**.

Giving the child practical skills appropriate to age is helpful such as how to telephone the police and give their name and address, obviously being careful not to add extra guilt or anxiety if they do not feel able to do this.

I have included Helping Hand sheets that can be used:-

- Creating an imaginary safe place helps children to relax.
- Learning oh oh feelings help children identify and trust their feelings when something is not right.
- The Helping Hand sheet is used to identify and remind children whom they can talk to when they feel unsafe. As well as identifying safe people the child can talk to remember the cat, dog, rabbit or cuddly toy can go on the palm as these give comfort.

SAFETY PLANNING INCREASES POWER AND DECREASES FEAR

Useful telephone numbers:

Childline	0800 1111	
NSPCC	0808 800 5000	
National 24hr Domestic Violence Helpline		0808 2000 247

From Helping Hands for Children –
acknowledgments to N.I.W.A.F.

FEELING SAFE



**When we feel safe we get lots of nice feelings in our body.
Draw or write what sort of feelings you get when you feel
safe**



**There may be places
where we feel safe. Where
is yours?**



My Imaginary Safe Place

What would it look like?

What would it smell like?

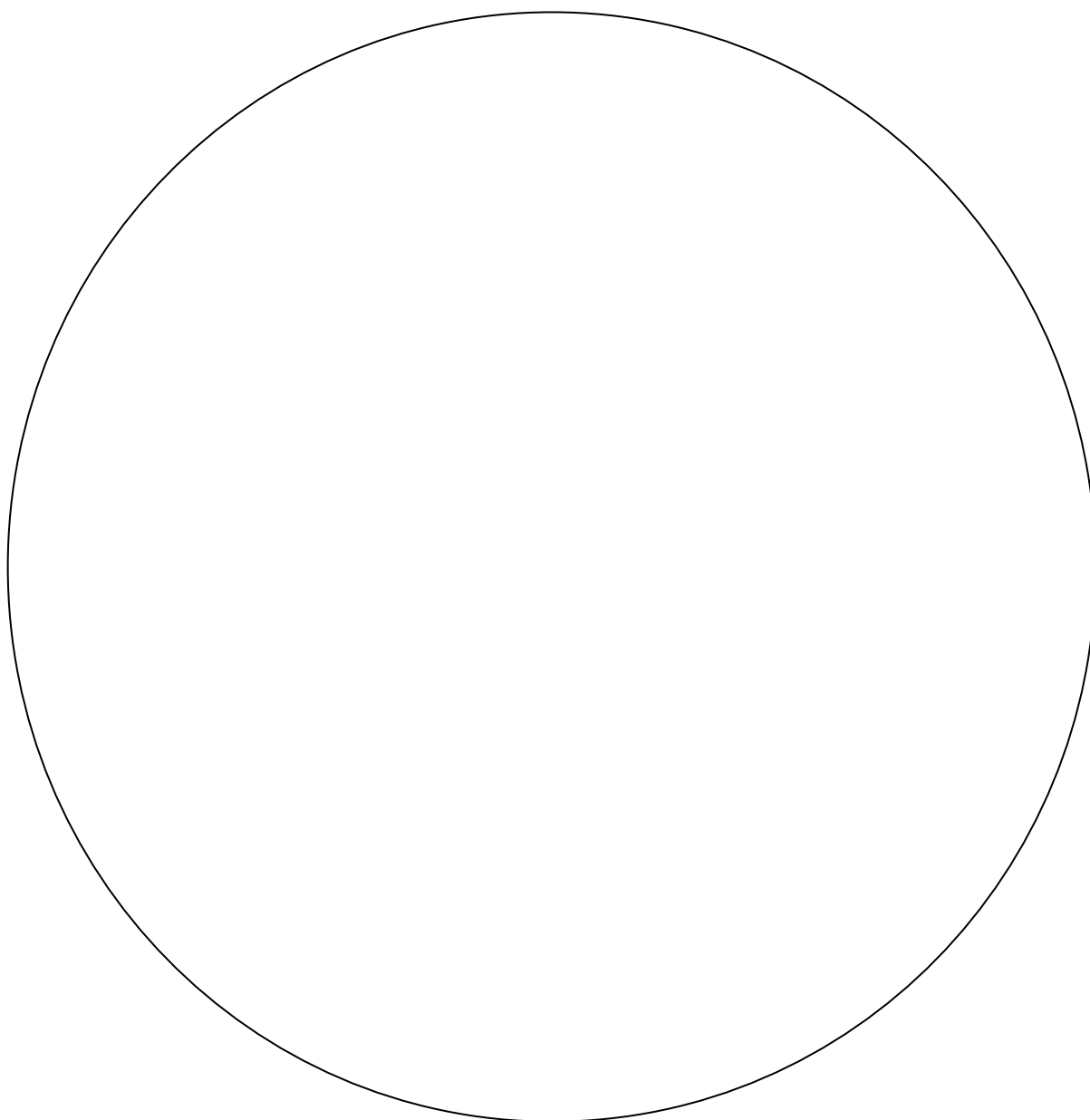
What would it sound like?

How do you think you
would feel in your imaginary
safe place?



MY IMAGINARY SAFE PLACE

Perhaps you could draw a picture of your imaginary place:



OH OH SIGNS

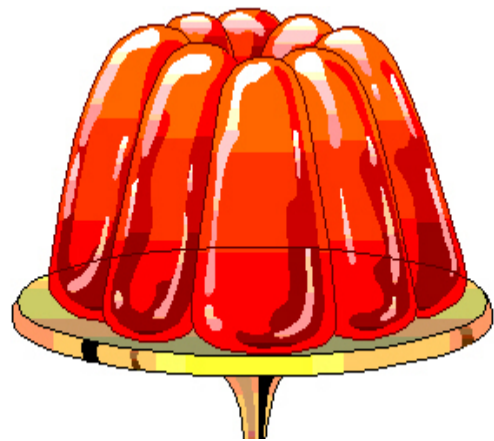


When we do not feel safe, our body tells us by giving us signs. These are sometimes called OH OH signs. Everyone has different OH OH signs, here are a few.

Our heart might beat faster, as though we have been running a lot



Parts of our body might feel like jelly



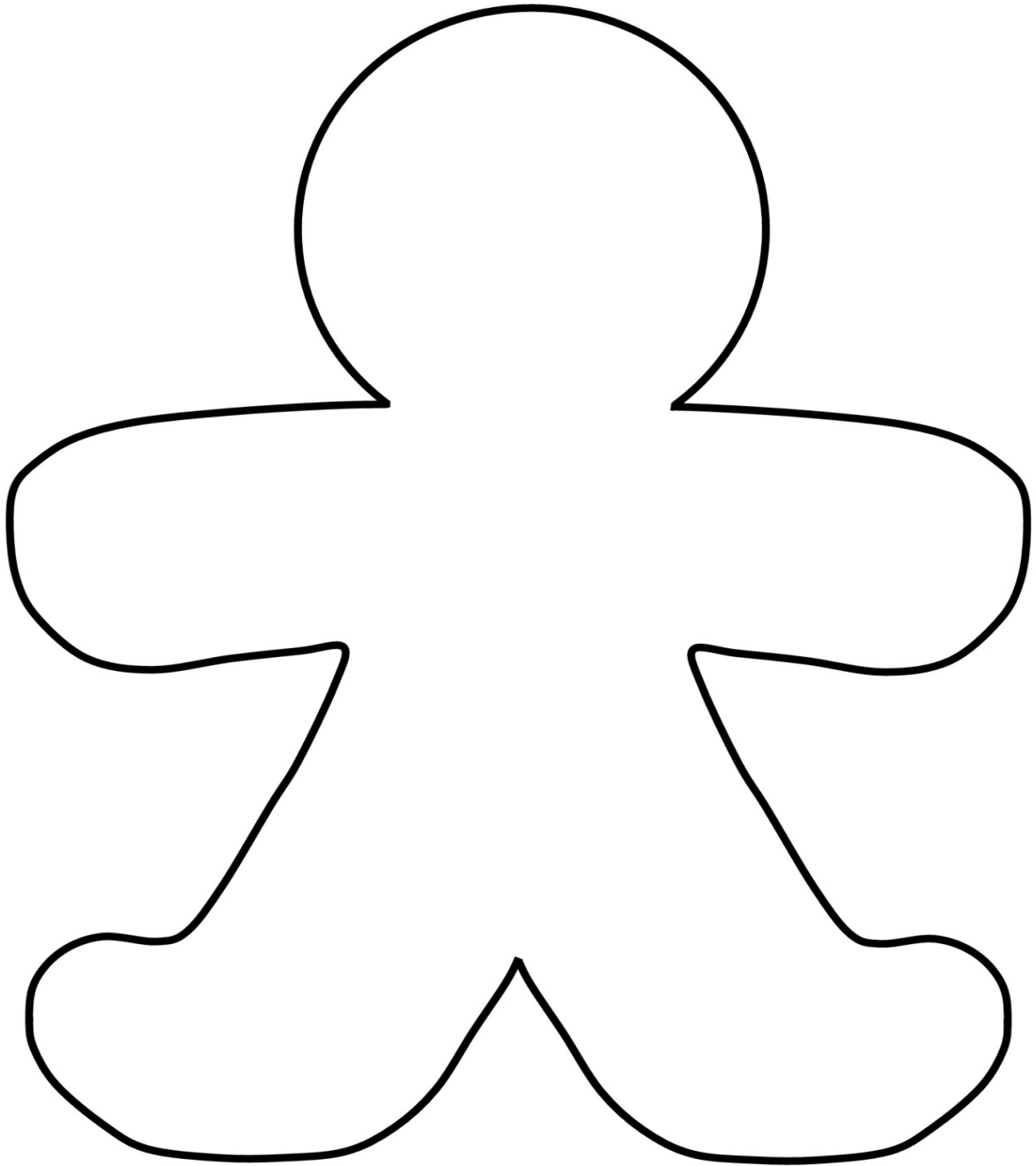
Parts of our body might shiver, as if we were cold



Draw what else might happen

My OH OH Signs

On the gingerbread person below, draw or write where you get your OH OH signs



Who Can We Tell



In the spaces below, fill in as many names as possible of people whom you could share your feelings with

People in my family I could share my feelings with

People outside my family I could share my feelings with



My Own Helping Hand

Draw around your hand and place the names of people you could talk to if you needed advice.

Resources

Helping Hands is available from:
Northern Ireland Women's Aid Federation
028 9024 9041
Email info@niwaf.org
www.niwaf.org
www.kidscape.org.uk

Web sites for Children and Young People

www.burstingthebubble.com
www.missdorothy.com
www.there4me.co.uk- NSPCC
www.thehideout.org.uk Women's Aid

Childline 0800 1111

NSPCC 0808 800 5000

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Bursting the Bubble