

## Help and support

Below is a list of helpline numbers where you can talk to someone about what you are experiencing. **If you're in immediate danger, dial 999.**

### ChildLine

**0800 1111**

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

ChildLine is a private and confidential service for children and young people up to the age of 19 providing phone and website support.

### The Hideout

**[www.thehideout.org.uk](http://www.thehideout.org.uk)**

A website for children and young people with interactive resources to help them understand domestic abuse and where to get help from.

### Respect not Fear

**[www.respectnotfear.co.uk](http://www.respectnotfear.co.uk)**

A website for young people about relationships with information support and interactive games.

Respect Not Fear Facebook page – search for “respectnotfear.”

Respect Not Fear iPhone App – free to download from the Apple App Store.

### Galop

**0800 999 5428**

**[www.galop.org.uk](http://www.galop.org.uk)**

Galop is a specialist phone support for lesbian, gay, bisexual and transgender survivors of domestic abuse.

### Men's Advice Line

**0808 801 0327**

**[www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)**

Men's Advice Line is a confidential helpline for any man experiencing domestic violence and abuse from a partner (or ex-partner).

### Marie Collins Foundation

**01677 460168**

**[www.mariecollinsfoundation.org.uk](http://www.mariecollinsfoundation.org.uk)**

The Marie Collins Foundation helps children and young people who have been harmed online.

### IKWRO

**0207 920 6460**

**[www.ikwro.org.uk](http://www.ikwro.org.uk)**

The Iranian and Kurdish Women's Rights Organisation (IKWRO) is a national charity which provides advice and support to women and girls from the UK's Middle Eastern communities who are affected by honour-based violence, child and forced marriage, FGM and other forms of abuse.

### Leap Confronting Conflict

**[www.leapconfrontingconflict.org.uk](http://www.leapconfrontingconflict.org.uk)**

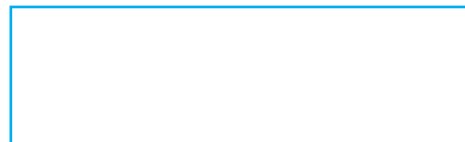
Leap works nationally with young people and adults, helping them to understand and manage the everyday conflict in their lives, and supporting them to become role models and leaders of positive change.

### The Child Exploitation and Online Protection (CEOP) Centre

**[ceop.police.uk/safety-centre](http://ceop.police.uk/safety-centre)**

CEOP helps children stay safe online. If someone has acted inappropriately towards you online, or to a child or young person you know, you can report it using an online form.

### Local support details



This safety plan has been developed as part of the Young People's Programme. We would like to give special acknowledgment and thanks to the young people involved for their input in this document.



## What is a safety plan?

A safety plan is a way to help you to stay safe. All adults, young people and children who are experiencing or have experienced abuse in their relationships should have a safety plan even if the abuse has stopped. The safety plan (see opposite page) should be completed to help protect you from getting hurt, and to help keep you safe.

Planning your safety involves looking at the risks you are facing, your physical and emotional needs, and equipping you to make choices that may keep you from serious harm. The person that you are working with will help you to think through lifestyle changes that you may need to make, in order to reduce risks, and to be as safe as possible wherever you are.

## Why do I need a safety plan?

Everyone, including you, deserves healthy, safe and supportive relationships. A safety plan can lower your risk of harm and abuse – you can't control your partner but you can take action to reduce risk or avoid risky situations. It is important that this safety plan is about you and your current situation.

## Remember

Only share personal details, such as your current address, support you are receiving and your family situation, with people that need to know and that you trust.

## How do I make a safety plan?

The adult you're working with will take time to discuss your situation to understand what risks you're facing and to think about what can be done to make you safer. They will explain what they will do with the information you provide before they ask the questions.

Once the adult who works with you has completed the risk assessment, they will spend some time putting together a safety plan with you. They can also help you to decide what you want to change and what you want to remain the same in your relationship. They will give you open and honest guidance about what your choices and options are, and help you make decisions that are right for you.

**Complete the template on the next page to create your own safety plan.**



# My emergency safety plan

If I don't feel safe inside my house, I will go to a safe place and talk to the professional I am working with. If I need to, I will go somewhere else inside my house, and make the call.

My safe place inside my house is:

The person I can ring is called:

Their number is:

Or if I need to I will go somewhere outside of my house.

My safe place outside my house is:

I will phone the police if I am afraid that I might get hurt or if I am hurt.

Their number is:

I will talk to someone that I trust about what is happening to me, so that I have a friend that I can turn to.

That person is:

I can contact them at:

If they are not available I can contact:

I know the details of two support services I could access who understand about young people experiencing relationship violence and abuse.

Name:

Number:

Name:

Number:

These are the two things that I know will help to keep me safe: