



STAY SAFE PLAN

What makes me feel bad? What does this feel like?

HINT: Has something happened to make you feel this way? What do you currently feel?



How can I keep myself safe right now?

HINT: Do you need to speak to someone for some help? Are there things around you that make you feel unsafe? Can being somewhere else make you feel safer?





What helps me to feel good?

HINT: What activity do you like to do? What is your favourite food? Who or what makes you laugh?



If I can't stay safe, who will I tell?

HINT: Who do you trust? Who is suitable to help you?

If I need help, who can I ring?

HINT: Can you ring an adult, a friend or a helpline?

What do I love right now and what are my hopes for the future?

HINT: Who is important to you in your life? Who do you look up to? What would you like to achieve?

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