MY SAFETY PLAN

Warning Signs

1 TIME OUT

2 GET HELP

Deadly good things to look forward to

3 GO

1 What Can I Do?

2 Yarn/Talk to...

EMERGENCY: CALL 000

3 Where is safe?

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This worksheet was developed by Mandy Douch and Katie Russell March 2023 and forms part of the KIND Manual.

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Good things to look forward to

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Talk to...

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Where is safe?

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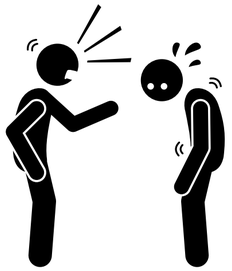
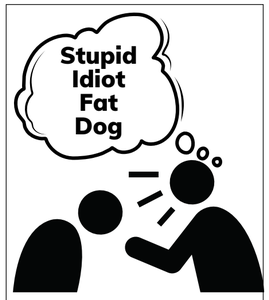
WARNING SIGNS

Sorry Business

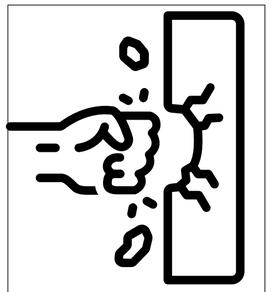


Yelling & Swearing

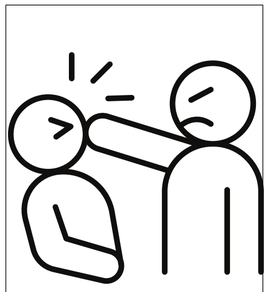


Name-calling

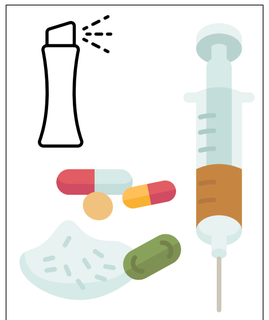
Irritable



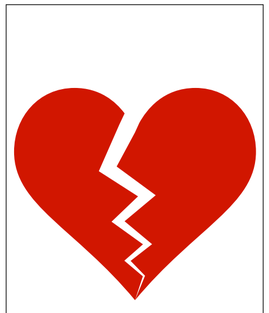
Property damage



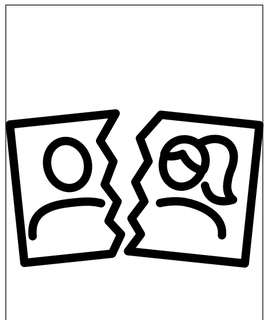
Punching



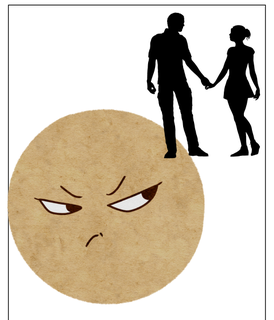
Drugs



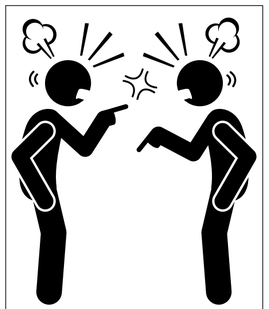
Sad



Breakup



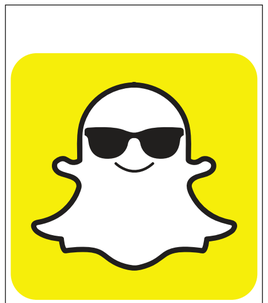
Jealous



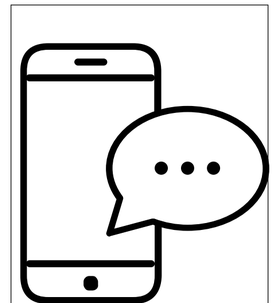
Fighting

Drinking

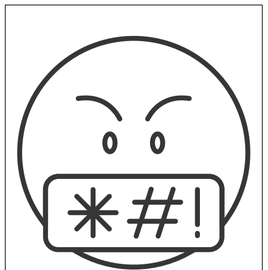
Vaping



Social media

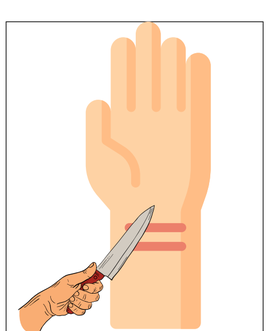


Texting



Crappy day

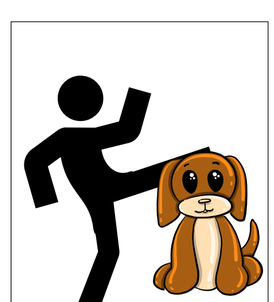
Want to die



Hurt yourself

Bad dreams

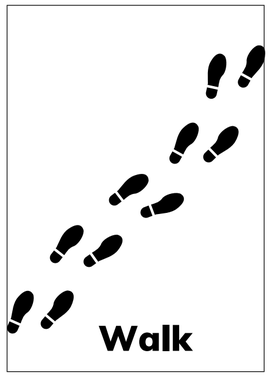
Thoughts to kill people



Hurt pet

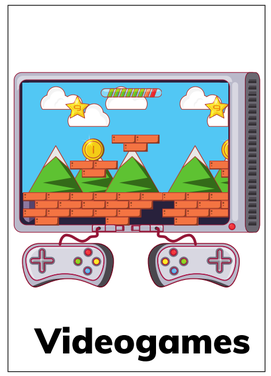
Loss & Grief

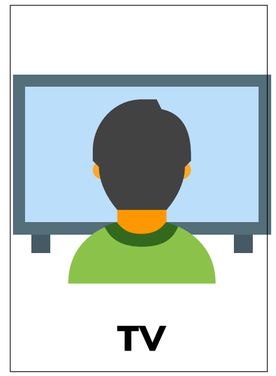
WHAT CAN I DO?


Walk

Music

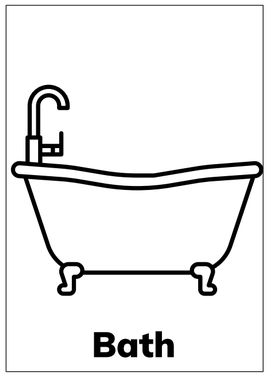
Bedroom


Videogames

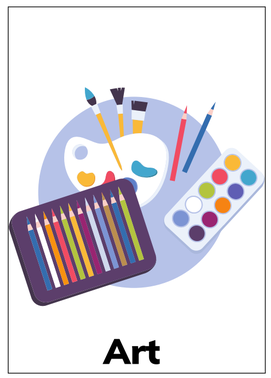

TV

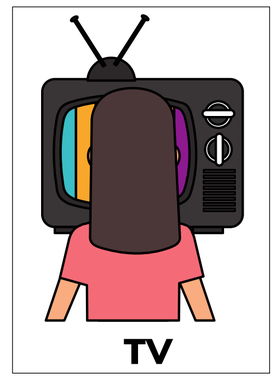
Run

Shower

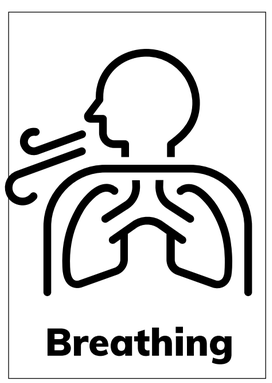

Bath

Weights


Art


TV

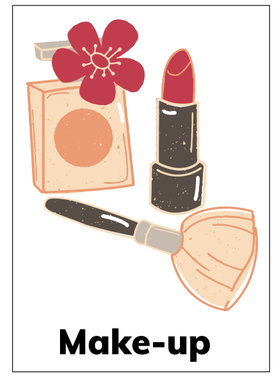
Yoga

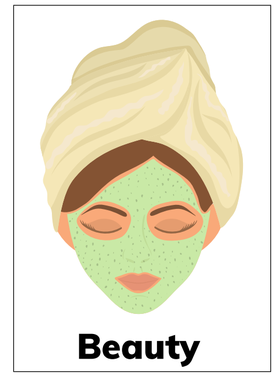

Breathing

Hang out

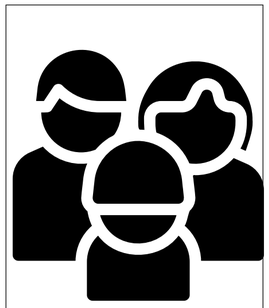
Hang out

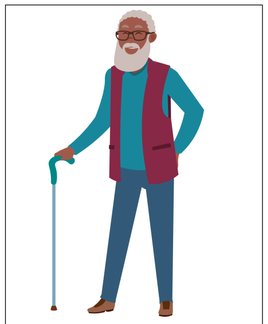
Nails

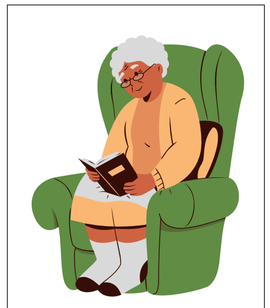

Make-up


Beauty

YARN/TALK TO...

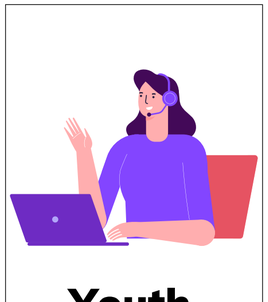

Family

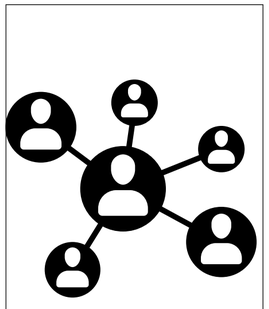

Grandad


Grandma

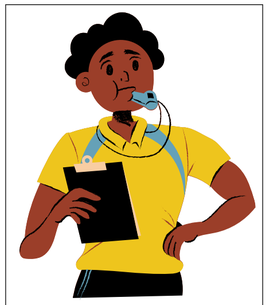
Doctor

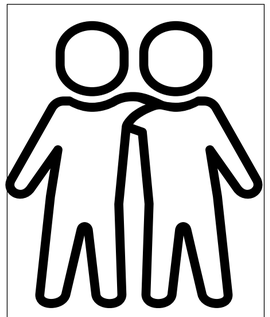
Helpline


Youth Justice

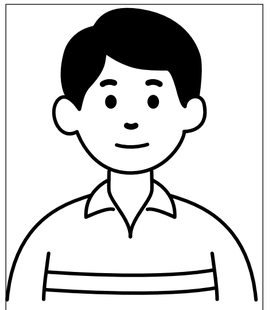

Community

Support Worker


Coach


Friend

Mum


Dad

Brother

Sister

Aunty

Uncle

YARN/TALK TO...

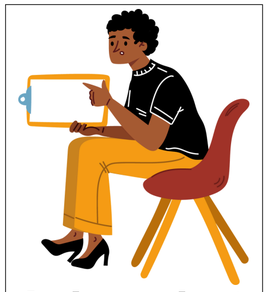
CPA

CPA

Child Safety Officer

Child Safety Officer

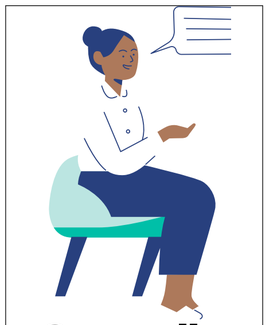
Carer



Independent Person

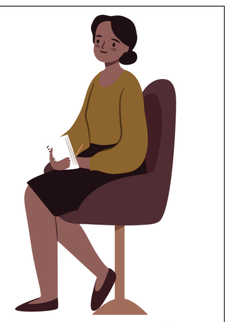
Youth Worker

Mental Health Worker



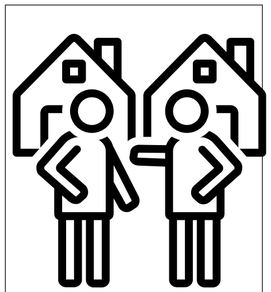
Counsellor

Teacher

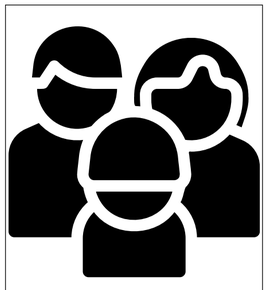


Team Leader

WHERE IS SAFE?



Neighbour



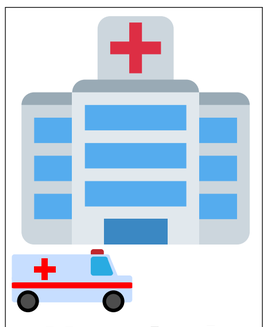
Family

Police

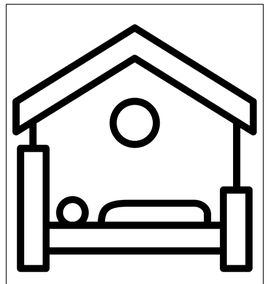
Park

Church

Public place



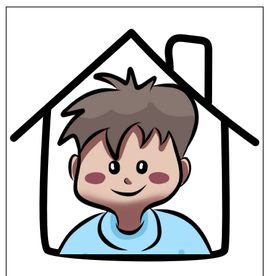
Hospital



Shelter

Support Service

Grandparent's house

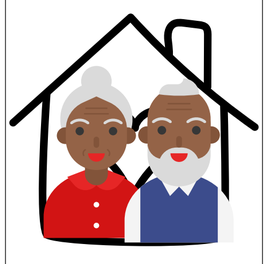


Brother’s house

Sister’s house

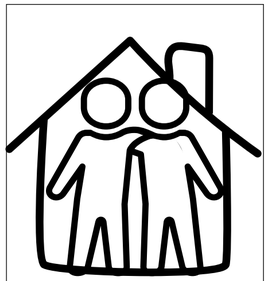
Dad's house

Mum's house

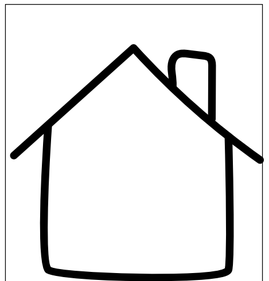


Auny/Uncle's house

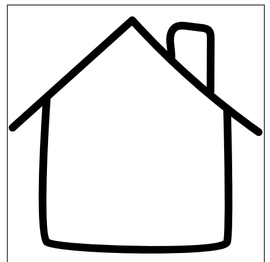
Mum & Dad’s House



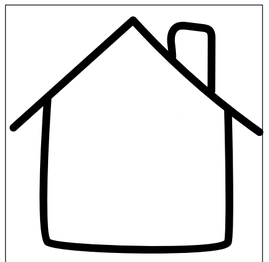
Friend's house



WHERE IS SAFE?



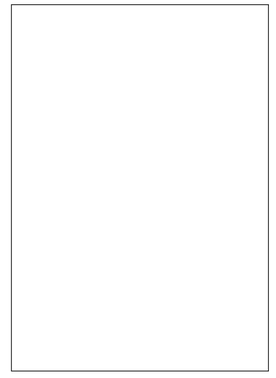
Resi

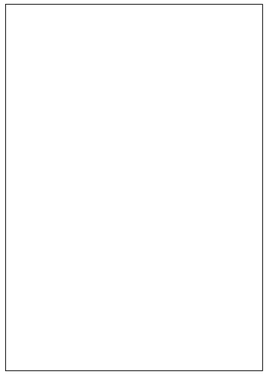


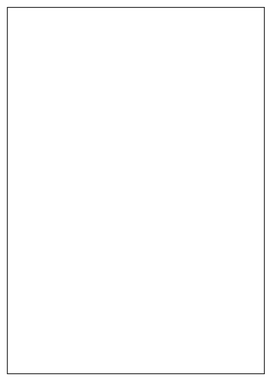
Placement

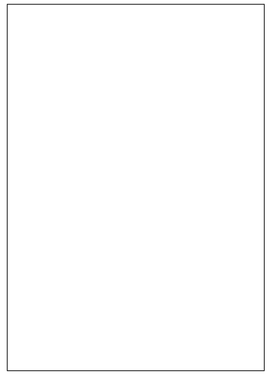
School

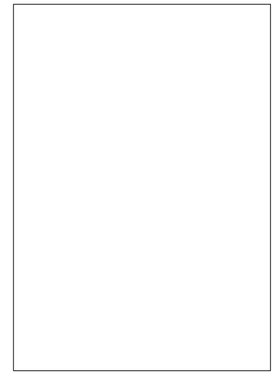
Child Safety Office

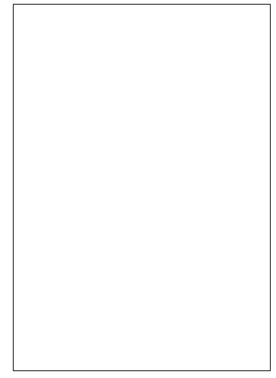


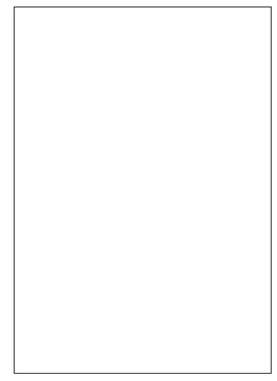


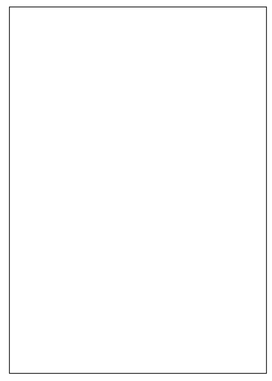




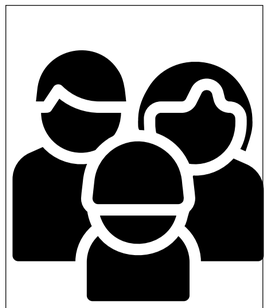


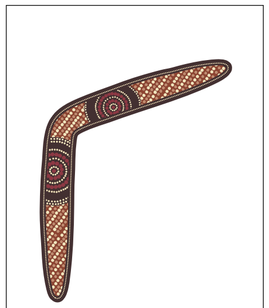


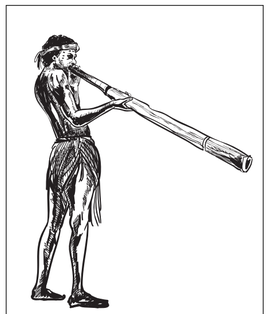


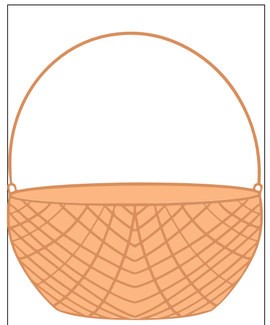


DEADLY GOOD THINGS

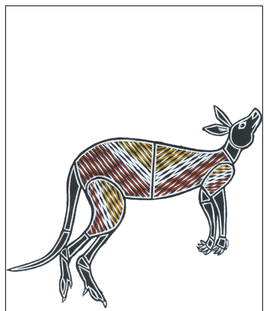

Family


Hunting


Didge


Weaving

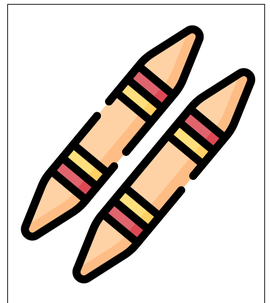
Weaving

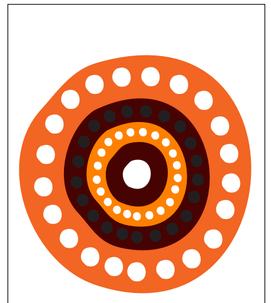

Kangaroo

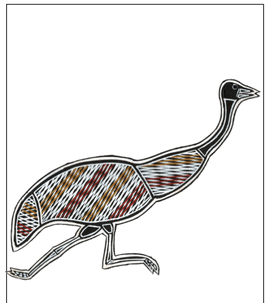
Fishing

Collecting food

Dancing

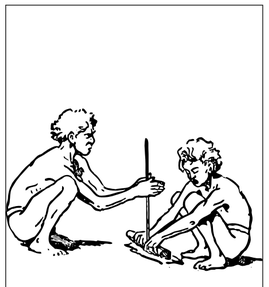

Clapsticks


Mob


Emu

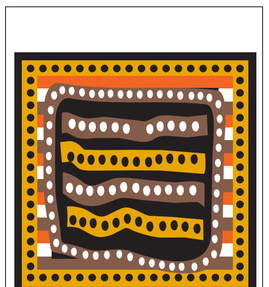
Flag

Flag

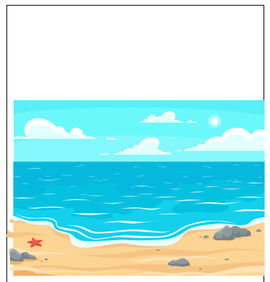

Campfire

Friends

Friends

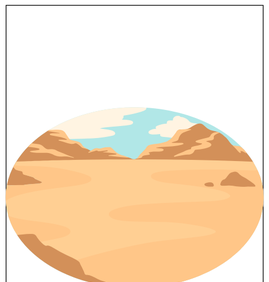

Art

DEADLY GOOD THINGS

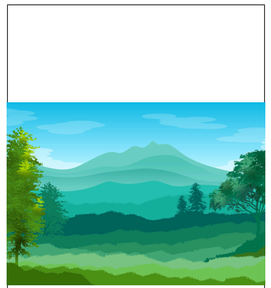


Beach

Waterfalls



Desert



Mountains

Music

Art

Swimming

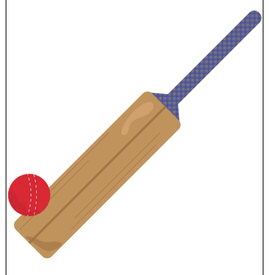
Basketball

Handball

Netball

Rugby League

Soccer



Cricket

Rugby League