

Exercise

My Safety Plan

It may be the case that a difficult situation develops between you and your partner. At those times it is important to have a plan that you feel confident in to help keep you and your baby safe.

Complete the table below with what you would see and what you would do, keeping your child's safety in mind.

This can be completed jointly between a couple or as an individual plan.

Severity Rating	What would I do?	What would I see?
GREEN		
AMBER		
RED		

My key telephone numbers are:

Write them down here in case, for some reason, your phone is not working:

Name	Telephone number