

FAMILY SAFETY PLAN

This template will help you and your family create a Family Safety Plan to help your child know what to do if they are in a situation or with a person that makes your child feel unsafe, in-person or online.

Fill out this worksheet together as a family and review it often. If there are multiple children of different ages in your family, you may have to modify the plan to be developmentally appropriate for each child. The Family Safety Plan writing process should be collaborative and ongoing.



LET'S GET STARTED

WHO IS THIS PLAN FOR?

List all children and family members.

COMPLETION DATE



SELF-ASSESSMENT

WHAT ARE CURRENT SAFETY CONCERNS FOR YOUR FAMILY?

WHAT ARE CURRENT STRENGTHS OF YOUR FAMILY?

WHAT DOES YOUR FAMILY'S CURRENT INTERNET USE LOOK LIKE?

What devices do children have access to and how are they supervised? Are there any current rules around children's internet use (duration, form, what apps/sites are allowed)? Do you have concerns around anyone's current internet use? What kinds of conversations do you already have about internet safety?



BASIC SAFETY ESSENTIALS

Who are safe people your child(ren) can call if they are in trouble or feel unsafe? How can they get in touch with their safe people?

List names, phone numbers/contact info.



Where are safe places your child(ren) can go if they feel unsafe?
At home? In our neighborhood? At school? At practice? Other places?

What is your family's 2-3 word safety phrase?

A safety phrase refers to a 2-3 word phrase your child can say whenever they are in trouble, feel unsafe, or need your help. A safety phrase can be especially helpful in situations where children may feel scared or embarrassed to ask for help directly, or don't want others in the situation to know they are asking for help.



How do you use the safety phrase?

I can say it to:

I can text it to:



FAMILY GOALS

Physical Environment Safety

What changes you want to make to your family's home environment to increase safety? List your top 3.

Potential examples: creating access to private spaces for each family member, installing locks on bathroom/bedroom doors, bathroom schedules to increase access to private time, creating safe play areas, safe sleeping arrangements, etc.

Supervision Safety

What changes do you want to make to your family's supervision practices to keep everyone safe? What is your timeline for making these changes and how will you hold yourselves accountable to these changes?

Potential examples: Any specific days, areas, or activities where increased supervision is needed? Barriers to supervision (ex: work schedules), supervision plans for playdates and/or sleepovers, etc.



FAMILY GOALS (CONT'D)

Online Safety and Habits

What changes do we want to make to the way our family uses the internet? List your top 3.

Potential examples: How does your family balance online safety and monitoring with privacy and independence? How will you know if online behavior is interfering with real-life activities we value? Do we have expectations around screen time or which devices and apps can be used when? How often do we talk about internet use? How will our child(ren) know when certain online activity is unsafe or unhealthy? How will our child(ren) get help if they encounter unsafe content or people online?

Family Boundaries

What family boundaries, rules for privacy, or expectations for communication around boundaries do you want to implement for your family? List your top 3.

Potential examples: rules about knocking before entering certain rooms/bathrooms, how is affection shown between family members and extended family/friends, clothing expectations in shared spaces, expectations of private time/spaces for family members, do family members currently feel respected when they assert boundaries, etc.



FAMILY GOALS (CONT'D)

Healthy Relationships & Communication

What changes do you want to make to your family's current approach to healthy relationships and communication about sex, relationships, and safety?

Potential examples: Where do your children learn about sex and healthy relationships? How are sex and relationships spoken about in your family? What would support open communication between parents and children? How can you encourage your children to ask questions? Are there certain anatomical terms you expect your family members to use? How can parents model healthy romantic relationships?



MONITORING PROGRESS

How will we know if we are following the plan? What are the accountability mechanisms for following this plan and who is in charge of them?

When do you next plan to review this Family Safety Plan?

We recommend at least yearly, but you may choose to review it as often as every 3 months.



SIGNATURES

We recommend all family members sign the plan to indicate their commitment to the plan. All family members should feel comfortable with the plan and feel like they collaboratively contributed to the plan before signing.

