## Appendix 3: Guidance on safety planning

**There may be circumstances when young people feel that there is a threat of a forced marriage and need some support to prepare a safety plan to safeguard themselves. The most dangerous time is when a young person challenges a decision or makes the decision to leave. This can be a difficult time with emotions running high and so it is important to do the thinking BEFORE taking any action or reacting to a situation. Below are some of the issues that could be discussed with the young person to prepare a safety plan.**

If I decide to leave I would feel comfortable and safe with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I will let the following people, whom I trust, know where I am and where I will be staying \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I will carry the following numbers in case I need to call them because I feel unsafe, uncomfortable or I am being hurt
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If I am out and need help I will always call
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

In an emergency I can call
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My code word is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. This is a signal in case I need assistance without alarming my parent/carers etc.

When I leave I will need to take the following items/documents with me
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I can also leave a copy of these items with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, who will keep them safe for me

If I do go abroad the address is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I am due back on\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

After leaving it is important to **STAY SAFE**:

* Mix up your schedule.
* Take different routes on the way to work, college, home etc.
* Walk with friends.
* Change telephone numbers or write them back to front.
* Share information on a need to know basis.