

Sample Family Safety Plan Issues

- The sexual aggressor should have no physical contact with the children in the home: no hugging, kissing, wrestling, or touching of any kind.
- The sexual aggressor should not supervise or discipline any children. The aggressor should not be left in charge for any reason.
- The sexual aggressor should participate in on-going counseling. Other family members should have counseling available unconditionally and should be encouraged to attend counseling as issues arise.
- The NOP is the final decision-maker in the family on all issues having to do with the children and their needs.
- Strict bedtime rules should be in place for the sexual aggressor. The sexual aggressor should not be allowed to be up when another adult in the house is not up.
- Locks or alarms should be placed on doors, especially the bathroom and bedrooms.
- The sexual aggressor must agree not to enter private rooms” (i.e. bedrooms and bathrooms) with another person (other than spouse as appropriate). The sexual aggressor should not be alone with a child in any room.
- The family, especially the sexual aggressor can have no secrets.
- The family must have a back-up plan in case the NOP is delayed, becomes ill or, for whatever reason cannot fulfill any or all of their responsibilities.
- The sexual aggressor should agree to leave the home if he/she fails to follow the rules for any reason.
- The sexual aggressor should have developed and implemented a specific relapse prevention plan that addresses the dynamics of their specific abusive behavior.