

Understanding Safety Plans

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Safety planning is a very important part of your participation in the Sexually Aggressive Youth Program at this agency. No safety plan can account for all situations, nor should a safety plan be thought of as an absolute set of rules. Safety planning is a “dynamic” process, meaning that safety plans that are developed early in treatment will likely be pretty restrictive and as you grow older and show that you can be more responsible, the plans should become less restrictive. Additionally, a safety plan that one person develops for a particular situation may be very different from a safety plan that another person develops for a similar situation.

Safety planning is both a specific event that must be done as part of the program as well as an overarching goal of the program. Safety planning is a dynamic process, you do not create a single safety plan and rely on it for many years. You will be required to complete this initial safety plan as well as a number of forms called *My Specific Safety Plan*. The *My Specific Safety Plan* form will need to be completed whenever you encounter a new situation that this general safety plan does not address, or when you are likely to experience increased risks for sexually acting out. This form will be completed with the help of your counselor, however over time you are expected to be able to complete these forms on your own and should be able to recognize on your own when it is necessary to complete a new form. Your ability to identify the need to complete this form and your ability to complete this form on your own will reflect significant progress in the program. Your compliance with the safety plans will also indicate significant progress in the program.

Throughout your participation in the Sexually Aggressive Youth Program, you will be expected to maintain general safety in your home, at school, and in the community. This document will attempt to identify a number of general areas that you should create safety plans for to help reduce the chance that you will act out sexually again. Again, these guidelines should not be thought of as “absolutes” but rather should be thought of as general guidelines that you use to generate your own safety plan. These general guidelines are not a replacement for probation rules that you have, you must always follow your probation rules--especially if your probation rules are more restrictive than the general guidelines below. Safety plans are used to help keep you and others safe, especially during times of high risk. You can also view safety plans as an "alibi plan" as they help you be accountable to people, which means that people know where you are and what you are doing at all times. It is important to review how well your general safety plan is working and to make changes when needed.

General Guidelines:

- At no point, should you be left alone with younger or more vulnerable individuals. Specifically, you should never be left alone with someone who is more than a year younger than you, is much smaller than you, or is not as smart as you. You should never be left in charge of anyone who is younger or more vulnerable than you.
- When you are around people who are younger or more vulnerable than you, you should have direct adult supervision, which includes direct visual contact with an adult who knows of your history of sexual acting out and who is committed to helping make sure that you do not act out again in the future.
- Whenever possible, you should have someone with you who knows of your history of sexual acting out behavior and who will confront you if you do any inappropriate sexual behavior.

Safety In The Home:

- Everyone who lives in the home or who visits the home with children should be made aware of your history of sexually acting out behavior and should know specifically what should be done if you behave inappropriately.
- Public and private spaces within the home should be identified. Private spaces include bathrooms and bedrooms. Public parts of the home include living rooms, family rooms, hallways, kitchens, and dining areas. All members of the family should commit to remain fully clothed and not engage in any sexual behavior while in public parts of the home. At no time should you be alone with someone in a private part of the home. You should not share a bedroom. If parents need to be in a private space with you, then the private space becomes a public space at a functional level while they are in the room, and public space rules should be followed.
- If computers or games stations are in the home, they should remain in public parts of the home where users can be properly supervised/monitored.
- Appropriate doors with locks should be installed on all private parts of the home, particularly bedrooms and bathrooms to avoid accidental entry.
- If vulnerable persons live in the home, door alarms should be placed on the vulnerable person's doors and windows to help protect them from your sexual aggression at night.
- All forms of erotica should be removed from the home and sex talk should be avoided.

- You should not be allowed to wander around the house at night while other family members are sleeping. You should go to bed before the last adult goes to bed and you should remain in your room until the first adult gets up in the morning.
- If other children are in the home, provisions should be made to make sure that you are not left alone with the other children without appropriate adult supervision. This means that a contingency plan should be established so that when you come home from school, if for some reason the parent/adult is not home, there is some place for you to go or for the other children to go.
- Most juvenile sexual offenses occur in the hours shortly before and shortly after school each day. A specific plan to provide monitoring and supervision should be made for these periods of the day.

Safety In The Community:

- When participating in community activities, such as church youth groups, 4-H, or other activities, at least one adult responsible for the group should be made aware of your history of sexually acting out behavior and should be provided instructions on how to ensure safety within the organization.
- Under no circumstances should you go to places where younger children frequent in an unsupervised fashion. If you are going to go to a place such as a public swimming pool, park, or other place where children are likely to be, a specific safety plan should be created using the *My Specific Safety Plan* form.
- When going to places like a store, you should remain with an adult at all times unless a specific safety plan has been created.
- You should establish a specific plan for managing if a younger child approaches you within the community. For example, you should identify who you would go to if a child approached you, identify specific phrases that you might use to discourage the child from approaching you, and identify specific ways of getting yourself out of the situation.

Safety At School:

- Someone at your local school should be made aware of your history of sexually acting out behavior. This person should be told specifically how to provide appropriate supervision of you within the school.

- If you attend a school where students are more than two years younger than you, you should identify specific ways of avoiding being in the parts of the building where the younger students are. You should avoid being in bathrooms where younger students are. You may want to identify a few specific peers who can help create accountability for you.
- If you ride a school bus to school, you should not sit near younger students. Provisions need to be made to provide supervision of you as you get on the bus and get off the bus each day. Ideally, the bus driver should also know of your history of sexual acting out so that they can appropriately monitor you.
- If you walk to school, you should be monitored by an adult or older student who is aware of your history of sexually acting out and can account for your behavior. You should not walk to or from school alone.
- Occasionally, classes in school are required to participate in social service activities that involve mentoring or working with younger students. If this occurs, you should discuss with the teacher other ways of complying with the assignment without being around younger students.

It is important remember that you are responsible for making sure that you remain safe. However, it is often wise to have others help you keep yourself safe. The more people that you invite into your safety plan, the higher the likelihood that the safety plan will work. It is often helpful to brainstorm potential problems and identify ways of handling those problems before they arise.

Generally speaking, there is very little that you will not be allowed to do if you take the time to create a good safety plan!

My General Safety Plan Rules

Name: _____

Date: _____

I will follow the following rules in all situations to make sure that everyone I am around is safe:

My Safety Plan Rules For Home

Name: _____

Date: _____

I will follow the following specific rules in my home in addition to my general safety plan rules so that everyone will be safe at my house:

My Safety Plan Rules For Being In The School

Name: _____

Date: _____

I will follow the following specific rules at school in addition to my general safety plan rules so that everyone will remain safe around me at school:

My Safety Plan Rules For Being In The Community

Name: _____

Date: _____

I will follow the following specific rules when I am out in the community in addition to my general safety plan rules so that everyone will be safe when around me in the community:

My Specific Safety Plan

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Name: _____

Date: _____

The situation that this specific safety plan is about is:

I knew I needed to make a safety plan for this situation because: (ie. it is a new situation, I am around different people, I find myself more sexually aroused then I used to be in this situation, etc.):

Three specific things that I can do to make the situation safer are:

1.

2.

3.

This plan will hold me accountable by (I can prove that I followed the plan):

This plan will keep me safe because (Does it Work):

Proof that I can/will do this plan (Doability):