



MY SAFE PEOPLE

We should all have people we trust. These people will not hurt us, they keep us safe. We want you to think of them and list them in the balloons below. It is important you remember who they are.

Hand or email a copy of the letter to each of your safe persons to inform them of your protection plan.





WHO ARE YOUR

SAFE PEOPLE

Teacher

Police

**School
Counsellor**

Doctor

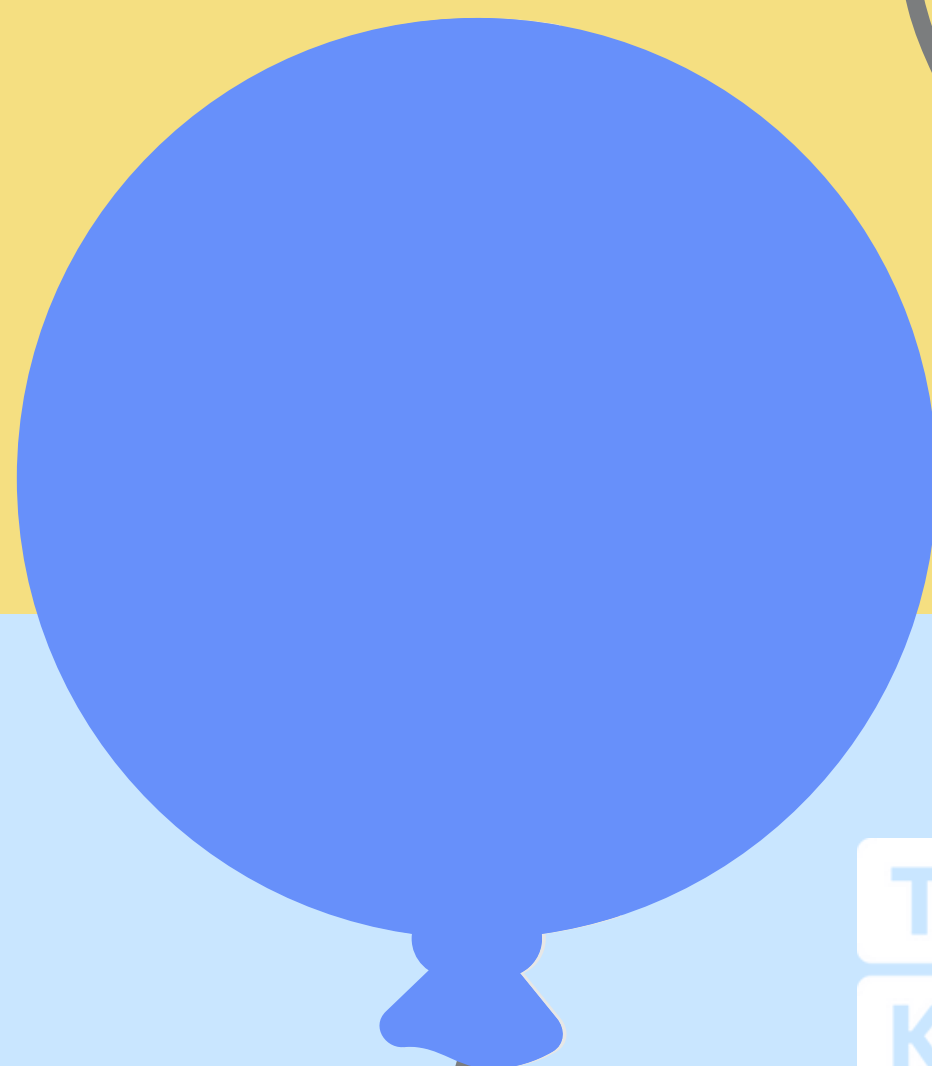
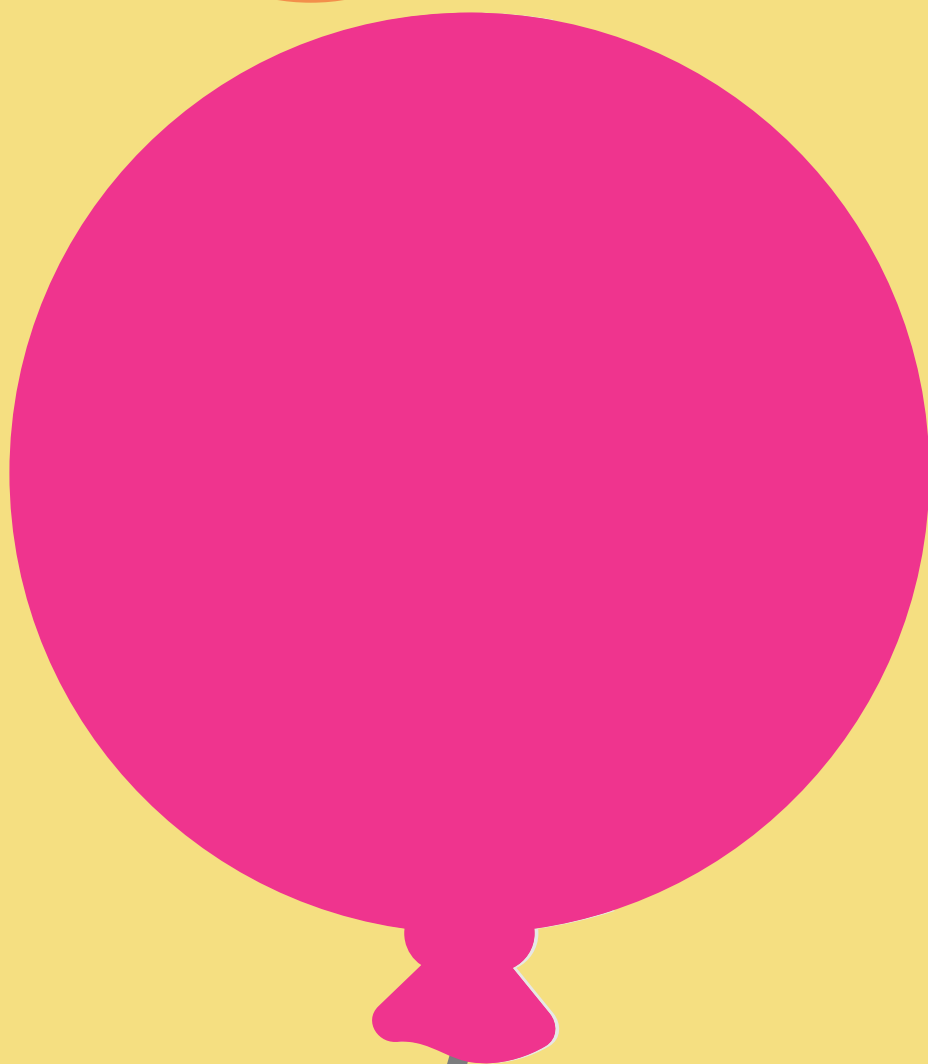
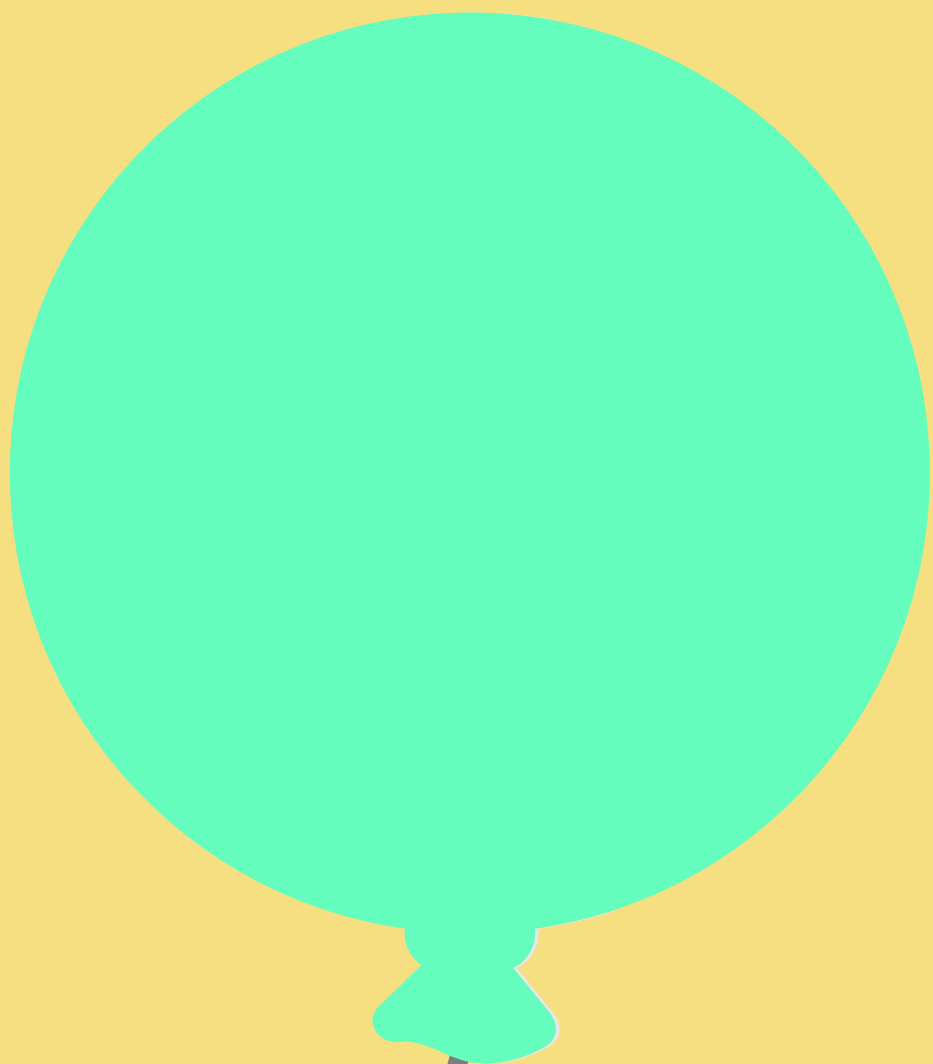
Nurse

TELL
KATY



WRITE IN THE BALLOONS
YOUR OTHER

SAFE PEOPLE



TELL
KATY



TO MY DEAR

SAFE PERSON

Hi
I am learning about my personal safety and part of my safety plan is to identify some people I feel safe with.

I have nominated you as one of my five safe people. That means, if I feel unsafe, or I am being harmed, I may approach you and disclose my situation.

My Safety Plan is part of my preventative education for child sexual abuse (CSA) and is a strategy to empower me with knowledge and minimise risk.

I may use the code word TELL KATY.

Tell Katy means, someone has touched my body or made me touch someone else’s body, or I feel worried about what someone is saying to me.

Please be calm in your response to me as I will be very anxious and scared because I have told someone.

I know this is a sensitive conversation. And I need to know I can rely on you for help. If you don't feel you can be one of my safe people, that is okay. Could you please let my parent/caregiver know.

Thank you
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