

Safety Plan

Intention: to develop a proactive set of agreed-upon strategies to support an escalated young person or staff member into calm and safety as soon as possible.

Intake and assessment processes and forms:

- Safety Plan
- Escalation Maps
- Safety Plan Delivery Guide

Associated documents/procedures:

- Engagement pyramid and Reboot Implementation Guide
- Classroom-based case management
- Student Intake

Safety Plan

Student: _____ Date: _____

Triggers that have in the past lead to outbursts, violence, running away etc., and when is this behaviour likely to occur?

1. _____

2. _____

3. _____

4. _____

Escalation behaviour description: what does the behaviour look like? i.e. swearing, breaking things, withdrawing, lashing out, backstabbing etc.

Strategies to calm: what would best help you to stay calm or calm down when you are upset?

Time out on your own or with an adult	Task to complete on your own
Reassurance	Go home
Music	Time with your friends
Talk about it	Write about it/draw
Breathing	Distraction
Time in the chill out zone	A hug/safe touch
Colouring in	Centring and grounding
Go for a walk or play sport	A task (organising, helping etc.)

Debrief: how would you like to debrief after an escalated incident? Where, with whom and what.

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Delivery guide

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- Please undertake the Safety Plan collaboratively with the student during Student Induction. File in student's file and keep a copy of the Plan in your daily classroom/debrief folder.
- When developing the Safety Plan consider the following:
 - Information from student intake, discussions with parents and previous schools.
 - Information from the student, especially regarding triggers and strategies to effectively de-escalate the individual.
 - All Safety Plans will need to be updated as students and staff mature and more information comes to light with time.
 - Utilise Escalation Mapping as a great way to help students to identify triggers.
- Write up the strategies that the staff or school will use to support the student when they are feeling stressed and try very hard to defuse escalated states before any incident arises.