

## Safety Plan Example – Domestic Violence Case

### DANGER/HARM

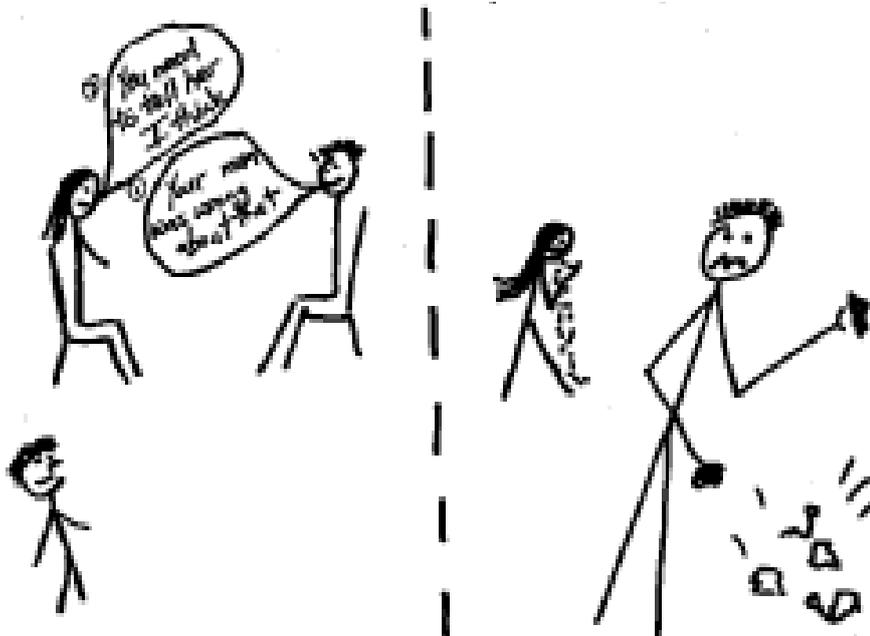
#### Danger Statement:

CS and Nana Bidy are worried it won't be safe for Sammy to live with Mummy and Daddy again, because Mummy and Daddy might get into fights again like the one last year that put Mummy in hospital with broken ribs and a fractured cheek. If this happens again, CS and Nana are worried Sammy will become so terrified he won't eat or sleep and he won't be able to go to school and will be crying all the time like he was when he went to stay with Nana Bidy after that big fight last year.

#### Agency Goals:

CS will return Sammy when parents have a safety plan that shows everyone that they will not get into fights like the one in September 2006, when mum was in hospital with a broken jaw and then will close when this plan has been working for six months

Safety Plan to show everyone that Sammy will be safe at home with Mummy and Daddy



Rule 1: The most important rule is that Daddy will not hit or threaten Mummy or anyone else.

Daddy also will not break things in the home.



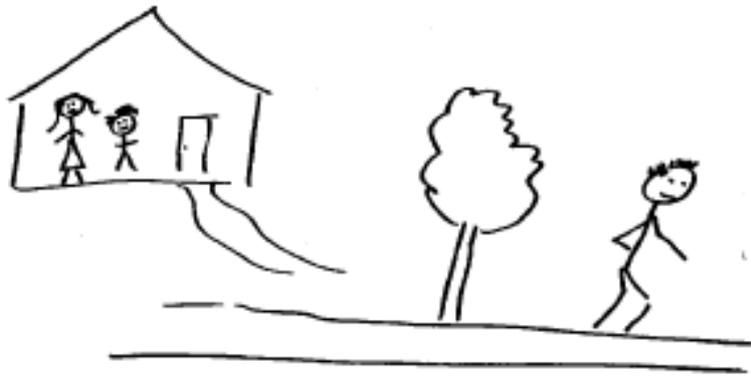
Rule 2: Daddy and Mummy will want to reassure Sammy lots if they disagree about something, argue or use loud voices.



Rule 3: Daddy and Mummy will sort out things they disagree about by talking and making a plan they both think works. Daddy will write the time they do this in the 'safety journal' so Mummy and Daddy remember their good work and can tell others.



Rule 4: If Mummy and Daddy get angry and start to yell Daddy will go to the games room and shoot some darts. The fights most often happen in the kitchen or lounge so Mummy will stay there and Sammy will usually be with her. Daddy will write the times they stop fights this way in the 'safety journal'.

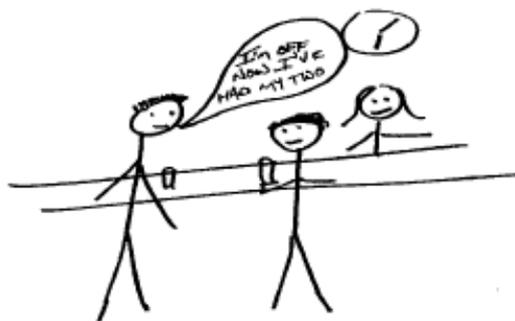


Rule 5: Sometimes Mummy and Daddy will need more space and time to think and Daddy will go for a walk to the river or the football ground and Mummy and Sammy will stay in the house. There is a door key hidden outside the house so Daddy won't be locked out if Mummy feels she needs to lock the door when he leaves. Daddy will write the time they stop fights like this in the 'safety journal'.

### CAFÉ CAPPUCCINO



Rule 6: Because Mummy and Daddy often have their biggest fights about money at the end of the day, they have agreed they will only talk about money and what they spend when they go to the Café Cappuccino on a Saturday morning. Mummy and Daddy have a regular once a month schedule for going to the café. Daddy will write the times they do this in the 'safety journal'.

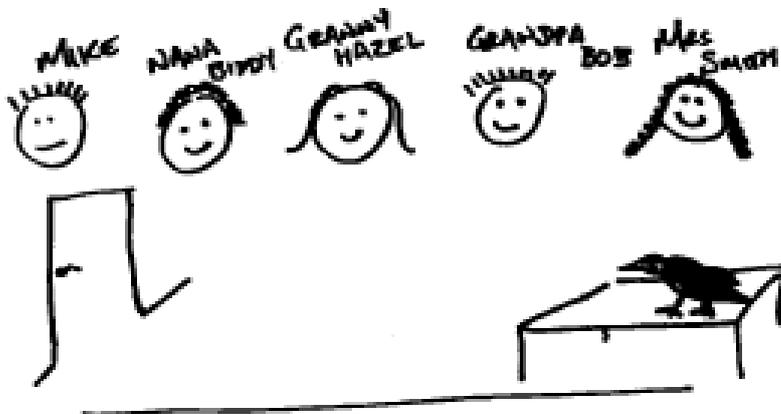


Rule 7: Daddy has said he will not drink any more than two glasses of beers at home, at the pub, or when he goes out with Mummy. The only time Daddy will drink more than this is when he goes away for weekends with his mates every

six weeks. Mike has said he will make sure Daddy doesn't come back home until he is completely sober. There is a schedule for these trips on the fridge calendar.



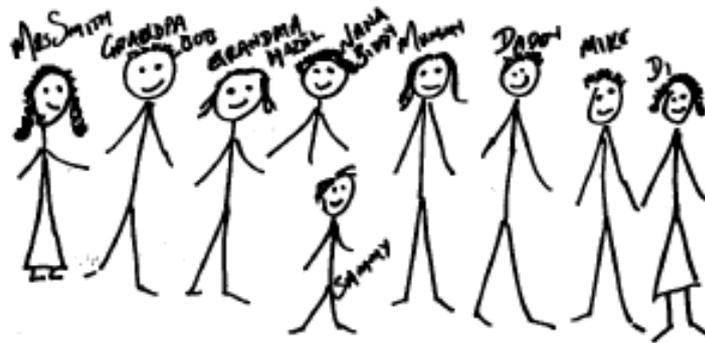
Rule 8: Sammy has chosen a big black crow as his 'safety object'. The crow will live on the coffee table by the front door where everyone can see it when they come into the home. Crow will always face the front door and the only person who can shift crow is Sammy. If crow is ever in any other position than facing the front door, Mummy and the other safety people have to ask Sammy if he is okay. Sammy might sometimes shift the crow to make sure everyone is paying attention.



Rule 9: Mike, Nana Biddy, Granny Hazel and Granpa Bob and Sammy's teacher Mrs Smith have all said they will be Sammy's special safety people. Mike, Nana Biddy, Granny Hazel and Granpa Bob will come to the home every day and check everything is okay. There is a roster about who will come when.



Rule 10: Sammy will tell his special safety people if he is worried. They will make sure Sammy's worry gets sorted out. Sammy Can ring Granpa Bob or Mike on his phone. If Sammy rings and tells them he's worried because Mummy and Daddy are fighting, they will come to the house and take Sammy away. Sammy will check to see if they really do come.



Rule 11: Everyone is working very hard to make sue Sammy is happy and safe in the future.

### **A Safety Plan is a Journey not a Product**

The most important aspect of Signs of Safety safety planning is that the plan is co-created with the family and an informed safety network. The plan is operationalised, monitored and refined carefully over time and the commitments of the plan are made and owned by the parents in front of their own children, kin and friends. This is not something that can be done in one or two meetings and a safety plan that will last, most certainly cannot be created by professionals deciding on the rules and then trying to impose them on the family. Meaningful safety plans above everything are created out of a sustained and often challenging journey undertaken by the family together with the professionals focused on the most challenging question that can be asked in child protection; what specifically do we need to see to be satisfied this child is safe? Just as the creation of a family owned safety plan is best thought of as a journey, for a child protection agency to consistently undertake this sort of safety planning, particularly in the highest risk cases, it will need to build its vision, capacity and skill base in using these methods through a multi-year learning journey.