

# Family Safety Plan

This plan will help you put safety measures in place to respond to any concerns and potential risks relating to child sexual abuse.

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## Who should complete the plan?

It can be completed by parents, carers and professionals working with families. Everyone should work together: a collaborative process between everyone involved.

Children and young people should be actively involved with the entire family's views listened to and considered.

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## How to complete the plan

- The plan should include basic safety steps to be followed by everyone in the family.
- If there are children at different ages or stages of development, there may need to be different boundaries for each child.
- Safety measures should be proportionate and should not place unnecessary restrictions on the family.
- Using the family's strengths is really important and should be built into the plan, including where they can be developed further.
- If children and young people live between more than one household or visit another household regularly (for example, a grandparent's home), we suggest creating separate plans. It is important to make sure that the plans are consistent.
- A timescale to review should be agreed and brought forward following any change in circumstances.



## Why make a family safety plan?

This bespoke plan will outline steps the family will take to keep their children safe from sexual abuse, such as ensuring good communication within the family, having supportive relationships and putting in place appropriate rules and boundaries. It will respond to any concerns and risks and ensure preventative measures are in place.

For more details on how we can work with you to prevent and respond to child sexual abuse, please visit:

[lucyfaithfull.org.uk](https://lucyfaithfull.org.uk)

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## 1. Personal information

**Who is this plan for?** 'Name and age of the child/children

**Who is involved in this plan?** List all members of the family who will be involved in this plan and the professional supporting them. Include members of extended family if appropriate.

**Date of completion** The date you finished writing the plan.

**Date of Review** We recommend reviewing your plan every 3 months or following any change in circumstance for the family, such as a relationship breakdown or moving house.

**Signed by all people involved in the plan**

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## 2. Areas of concern

This section will help you identify what you are concerned about and what steps you have already taken to keep your family safe.

### **What are we worried about?**

Be as specific as possible. What concerns have prompted the creation of this safety plan? Who is it that you are concerned about and why? What might happen if you don't have a safety plan in place?

### **What are we trying to achieve?**

For example, keeping your child safe from sexual harm, talking to your family about child sexual abuse, providing your child with appropriate knowledge at the right age.

### **What have we already done or put in place to protect our family?**

Include examples of the ways you have already protected your children. For example, having open conversations about sex and relationships, naming private body parts by their correct names, using the NSPCC PANTS resource with your child.

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### 3. What are we good at as a family?

This section will help you identify and develop the strengths your family has that will support you to respond to the concerns and move forward.

#### **What are our strengths as a family?**

Think about how you support each other and work together, and highlight the positive relationships within the family. What works well for you as a family? For example, you may communicate really well, regularly eat together as a family, spend time together through hobbies or activities.

#### **How can our strengths be built upon?**

Are there any opportunities to develop the strengths? Are there any groups or activities that your family would like to do together? For example, if your family like to walk together you could explore your community green spaces or visit new places.

#### **What could we do better as a family?**

Are there any areas of family life that could be worked on together? How can you support each other to reach these goals? For example, if members of the family could improve their listening skills, consider ways in which you could support them to do this, as a family, by making time for healthy, respectful discussions.

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## 4. Safety steps

This section will help you identify what changes can be made to keep your family safe. We have listed some questions to guide your conversations; these are some examples of areas to consider but there may be other things that you need to include.

### Adults of concern

Is there a need for a particular adult to be supervised around children? What are the concerns about this adult? If supervised contact can take place, who will supervise this contact? When and where will contact take place? What have the children been told regarding the reasons for no contact or supervised contact with this adult? What more do they need to know?

### Physical environment

Does each member of the family have a private space? Is there a lock on the bathroom door? Do the family members use the bathroom one at a time or do they share? What are the sleeping arrangements? Where do the children play? What are the arrangements when family and friends visit?

### Supervision and parenting

What level of supervision is needed for your children (this will depend on their age and the concerns)? Who is responsible for this? Are there particular times of day/areas where supervision needs to be increased? Are there any barriers to supervision, for example, parental work schedule? What are the current routines at home (including at bed time)? Are there times when the children are unsupervised, such as when they are playing upstairs or go outside? What will supervision look like if the children have playdates or sleepovers at the family home?

### Family boundaries

What are the rules around privacy at home, for example, knocking on closed bedroom and bathroom doors before entering? What are the rules around personal care? How is affection shown within the family and to guests? How do you dress in shared spaces? How does everyone get the space they need?

### Internet access

Provide a list of all internet enabled devices your children have access to. What sites and apps do they use? Are there parental controls on their devices? Does their internet access need to be supervised? Are there any rules around your children's internet use (duration, appropriate sites)? Do you have any concerns that they may have accessed inappropriate material online? Have you spoken to your children about pornography?

Use our digital safety plan: [lucyfaithfull.org.uk/safetyplans](https://lucyfaithfull.org.uk/safetyplans)

### Healthy relationships

Where have your children learned about sex and healthy relationships? How is sex and sexual behaviour spoken about in your family? You can find out more about how to talk to children about sex [here](#). Do your children have age-appropriate understandings of safe and unsafe behaviour and touch? How will you prevent your children from being exposed to sexual behaviour between adults or to adult sexual material? If so, what steps need to be put in place to prevent this from happening?

Use our sibling sexual abuse safety plan: [lucyfaithfull.org.uk/safetyplans](https://lucyfaithfull.org.uk/safetyplans)

**Other support within/outside the family**

Who else has contact with your children? What is the nature of their relationship with your children? What support do they provide? Who can your children speak to if they are worried about something? How can you ensure your children feel able to speak with you about babysitters/other family members/professionals that they feel uncomfortable around?

**Safety outside your home**

Are there any risks to the children outside of the home? Consider times when your children have contact outside the family home, (i.e. when walking to school, family outings or activities, overnight stays with friends or family, out playing, socialising or attending clubs). What safety measures need to be taken?

Use our school safety plan: [lucyfaithfull.org.uk/safetyplans](http://lucyfaithfull.org.uk/safetyplans)

**Talking about our worries**

How would you talk to your children if you had a concern about them? What are the barriers to open communication within your family and how can you overcome them? What can you do to ensure your child feels confident to talk to you about any worries? (for example, work on building their self-esteem; model talking about sex, relationships and sexual abuse; offer reassurance). We know that sexual abuse thrives in secrecy, have you talked to your children about open communication and not having secrets?

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## 5. Monitoring Progress

**How will we know the plan is going well?** For example, everyone is following the new rules and the children are talking about their worries more.

**How will we know if the plan is not working?** For example, rules are not being followed and we are slipping back into old habits.

**How will we respond?** Who will you talk to? What other steps could you put in place?



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## 6. Review

Reviewing the plan makes sure it stays relevant. A review can help you think about what you've achieved, how the family has responded to the plan, and what else might need to be done to keep children safe.

### Date of original safety plan

### Date of review

### People involved in the review

### What has gone well?

### Do you have any new worries?

### What changes do you need to make to your plan as a result of this review?

Go back to sections 1-5 of your Family Safety Plan and add in or change anything you need as a result of this review.

Reflect on any changes you need to make as your children grow up. If your children are having contact with any new people (such as a new parental partner or new people living with you in the family home) or if your children are regularly visiting any new places (for example, starting a new school or joining a new friendship group), consider any additional safety steps that may need to be taken.

## 7. Get help and advice

If you are worried about someone's behaviour towards a child, here are organisations that can help.

### Stop It Now

Anonymous and confidential helpline (phone, chat and email) for anyone with concerns about child sexual abuse prevention.

[stopitnow.org.uk](https://www.stopitnow.org.uk)

Call **0808 1000 900**

### Childrens Social Care

[England](#)

[Wales](#)

[Scotland](#)

[Northern Ireland](#)

### We Stand

A charity supporting those impacted by child sexual abuse.

[westand.org.uk](https://www.westand.org.uk)

Call their national helpline on **0800 980 1958**

### Shore

Our website, live chat and email for teenagers worried about their own or a friend's sexual behaviour.

Visit [shorespace.org.uk](https://www.shorespace.org.uk)

### CEOP

Report inappropriate content online here:

[ceop.police.uk](https://www.ceop.police.uk)

### NSPCC

For advice on keeping children safe.

Visit [nspcc.org.uk](https://www.nspcc.org.uk)

You can contact their child protection helpline on **0808 800 5000** or [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

Visit our website to find out more about our work  
or to donate and help us keep children safe  
**lucyfaithfull.org.uk**

Lucy Faithfull Foundation Scotland:

**lucyfaithfull.org.uk/scotland**

Lucy Faithfull Foundation Wales:

**lucyfaithfull.org.uk/wales**

Find out about our Stop It Now helpline  
(0808 1000 900) and campaign:

**stopitnow.org.uk**

Our Shore website provides a safe space for teenagers  
worried about their own or a friend's sexual behaviour:

**shorespace.org.uk**



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