

## Safety Planning Worksheet

*Developing family owned safety plan with parents, children and the support network takes time. There will always be a number of key issues that need to be addressed (for example, drug use, violence, depression etc.) It is important that professionals work with families one issue at a time since to try and address all the issues at once will be overwhelming and makes failure more likely. This work sheet is designed to assist professionals to prepare for safety planning sessions and it is important that the worksheet is used for one issue at a time and for one session at a time. Professionals should use a new worksheet for each session and each issue.*

**1 Identify the key issue to be addressed in the next session or the current stage of the work**

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**2 Create a clear scaling question connected directly to that issue**

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**3 Create questions to explore what's working in the family especially in relation to the issue**

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**4 Create questions to explore when, where and how problem and the danger for the child/ren has been managed in the past even a little (existing safety)**

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**5 Create questions to explore the Triggers and Stressors that lead to the problem happening**

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**6 Create questions to explore what are the Red Flag signs that the problem is happening**

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**7 Create questions to explore who will do what at any time in everyday family life to keep the children safe when the problem happens i.e. the Triggers, Stressors, Red Flag signs are seen**

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