



HOW IT WORKS

Our Safety Plan Agreement (To be used in conjunction with CICS Safety Plan)

We commit to:

Enact and see through our safety plan if one of us feels the need, even if the other doesn't.
Only use it in good faith, not to control or avoid the other.
Keep in mind the effect our actions may have on those vulnerable ones we have responsibility for.
Adapt the plan if necessary to ensure it works well.

Signed

Signed

Our Safe Word is:

If one of us uses this safe word we will follow the plan.

Safe word

Step One - Separating:

We have agreed who will leave the situation and where they will go and for how long (minimum 30 minutes).
We have agreed that this will be a safe place that doesn't have the potential to make things worse.
We have agreed who will care for the vulnerable ones we have responsibility for.
We have agreed what we will tell the children.
We have agreed how we will check-in with each other before returning.

Who goes?

Where?

Caring responsibilities?

What we say to them?

How we check-in before returning?

Step Two - Returning:

We have agreed that we will greet each other politely.
We have agreed that we won't involve the children.
We have agreed not to discuss the issue straight away, but instead to do a neutral safe activity.
We have agreed to leave this amount of time before talking the issue through (minimum 12 hours).

Our greeting?

Our neutral safe activity?

Time before talking it through?

Step Three - Talking it through:

We have agreed that if we need to discuss the issue again we will do it in a way that avoids escalation.

How might we do that?

Reviewing the Safety Plan:

We will bring all the Safety Plan events to therapy.
We will use the Safety Plan as often as it is needed.
We agree to modify and develop our Safety Plan to make it work better in any situation.

How can this plan be improved or modified?
(Bring these suggestions to therapy)

If the Safety Plan fails what will I do?

If I'm afraid for my safety and this plan isn't working what will I do?