

Our Safety Contract

Our Safety Contract. We Commit to:

- Be mindful of children/vulnerable adults/pets and the effect our actions have on them
- Call on our Safety Plan when either of us feels we need to and FOLLOW IT even if the other doesn't feel the need
- Call on our Safety Plan appropriately and NOT as a method of controlling or avoiding
- Review our Safety Plan if parts of it don't work

Safe Word

- This word will activate the Safety Plan
- Agree on your word: eg. Enough - Space - Amber
- Use appropriately
- FOLLOW the Safety Plan if the Safe Word is spoken**

Separate

- Agree who will leave the situation
- Where will they go? - garden/another room/leave house
- Is driving appropriate? eg. anger/alcohol
- Who will take care of children/vulnerable adults/pets?
- What will you tell the children?
- Do not go to any friends or family who might support or collude**
- Do not drink alcohol or take drugs**
- Do not write malicious things on social media or text**
- Stay apart for at least 30 minutes**
- Check in by phone/text before returning**

Return

- Greet one another politely
- Do not involve children in the return
- Do not discuss the issue right away
- Do something neutral together - cup of tea/coffee/watch TV
- Agree when you will talk the issue through - leave 12/24 hours

Talk

- Agree HOW you will talk the issue through to avoid escalation
- Does the Issue need to be revisited?
- Bring all Safety Plan events to your therapy sessions
- If the Safety Plan is needed again - use it

Review Safety Plan

- If parts of the Plan didn't work, what needs changing?
- Do you need different Safety Plans for different situations?
- If the Safety Plan fails and you are afraid of your partners actions Activate your Emergency Exit Plan**