



Bedfordshire
county council

CHILDREN'S SERVICES

What is a Keeping Safe Plan?



Introduction

This leaflet tells you about the Keeping Safe Plan

What is the Keeping Safe Plan?

This is a plan that you help to write which agrees what needs to be done to keep you safe in different situations.

It is a checklist of the things your carers or your social worker might need to know which only you can answer.



What is in it?

The Keeping Safe Plan includes things like:

- What make you feel scared and why
- Whether you have ever hurt yourself deliberately
- Whether anyone else has hurt or bullied you
- Whether you have ever hurt anyone else and why
- Whether you have ever run away and what happened, where you went and how long for
- Whether you think you know how to keep yourself safe in different situations

You might also be asked about who your friends are or who you talk to if you are upset about anything.



Why do you need this?

The government realised that sometimes young people who are in care get hurt because they don't know the difference between a safe situation and a dangerous one. There are lots of things that your carers and your social worker and you can do to prevent you from being hurt, but to do that we need to understand you a bit better. This is why we ask these questions.

When it has been written, it should be signed by you, your carer, your parent(s) and your social worker.

Every child or young person who is looked after should have a plan that shows how they can be kept safe.



What if something changes?

Things do change and as you grow up, you might think that some of the answers in your Keeping Safe Plan need to be changed too. At your reviews, the meeting will look at your Keeping Safe Plan and you have the chance to tell the people there if you think there is anything in it that should be changed.



For more information

If you want to understand more about your Keeping Safe Plan, please talk to your Social Worker or Carer(s).



Children's Services contacts –

**Amphill Area Office
(Children with Disabilities)
Tel (01582) 818181**

**Queens Park Children's Centre
(Children with Disabilities)
Tel (01234) 228 709**

**Biggleswade Area Office
(Family Support)
Tel (01234) 276899**

**Bedford Area Office
(Intake & Assessment or Family Support)
Tel (01234) 223599**

**Dunstable Area Office
(Intake & Assessment or Family Support)
Tel (01582) 818499**



With special thanks to the R.A.W.
group for their help with this book



This leaflet is available in large print.
If you would like a copy please contact
your nearest area office.