

Family Safety Plan

This is a basic safety plan with suggested rules. This safety plan is intended for school-age children (ages 7-12) and adolescents (ages 13-18), who are more capable of sharing some of the responsibility for keeping the rules. Each family would need to adapt or customize it to fit their individual situation under the guidance of knowledgeable professionals. For most youth, the safety plan will have basic common-sense rules. It should not keep children from engaging in typical childhood and adolescent activities, nor should it pose a heavy burden on the caregivers. Establishing the safety plan while in professional services is recommended, with guidance on modifying over time as the youth and family demonstrate progress. The term parent can reflect any caregiver in the home and the terms brother and sister can refer to any children in the home. The basic suggested rules are:

Rules for (Name of youth with SBP)

1. (Name) will not babysit for any amount of time.
2. (Name) will not go into her brothers' and sisters' bedrooms without adult supervision. If he/she is invited into one of their bedrooms, he/she will say "No."
3. (Name) will not have her brothers or sisters come into her bedroom, unless a responsible adult is notified and is in the room to supervise.
4. (Name) will not be in the bathroom if one of her brothers or sisters is in there.
5. (Name) will keep the bathroom door closed when he is in there alone.
6. (Name) will not engage in any "horseplay", wrestling, or tickling with her brothers, sisters or any other young children.
7. (Name) agrees not to watch any movies, TV shows, or Internet material or listen to music that his/her parents have not approved.
8. (Name) agrees that she/he won't talk about sexual things or make any sexual comments or sexual jokes around her/his brothers, sisters or other children.
9. (Name) will not be alone with a child.
10. (Name) will refer other children to an adult if they ask (Name) questions about sexual matters.
11. If (Name) thinks about breaking a sexual behavior rule or engaging in an illegal behavior, he/she will talk with a parent.

Some things (Name of youth with SBP) CAN do at home, if OK with brothers, sisters, and parents while supervised by a responsible adult:

1. Watch TV, read, listen to music, play sports or play games with her/his brothers and sister.
2. Talk and joke politely with her/his brothers and sisters.
3. Go to church, to the store, or on family outings with her/his family.
4. Ride in the car with her/his family.
5. Eat meals or go to restaurants with her/his family.
6. Show appropriate affection to her/his brothers and sisters if the sibling initiates it and if one of her parents is there to watch. Hugs are OK. No kisses.

Some things (Name of youth with SBP)'s parents will do:

1. Supervise interactions between (Name) and all children, including her brothers and sisters, and not ask (Name) to babysit.
2. If caregivers are not around to supervise interactions between (Name) and other children, they will make sure that there is another informed, responsible adult who can take on this responsibility.
3. Supervise TV shows, music, videos, phone, and Internet material and activity.
4. Monitor (Name)'s activities, such as school work, homework, type of friends, whereabouts, and so forth, and help him make good choices.
5. Help (Name) follow her/his rules by reminding her/him if needed.
6. Make sure that all the children are clothed unless they are in their own room with the door closed, in the bathroom with the door closed, or in bed.
7. Be open and accepting about talking with (Name) about any sexual questions or thoughts.

The family agrees to:

1. Treat each other with respect.
2. Respect the parents' authority and follow their house rules.
3. Listen to each other.
4. Be kind to each other.
5. Dress respectfully/appropriately.
6. Have fun activities with each other.
7. Have time so the children and adolescents in the home can talk privately with their parents about important matters, including questions about relationships.
8. Help each other be successful and follow the rules of the family.

Other rules the family may wish to add:

1. _____
2. _____
3. _____
4. _____
5. _____

Signed: