

FAMILY SAFETY PLAN

EXAMPLES OF SAFEGUARDS - CHILD

- Displays confidence
- Has care and support from family and extended family
- Feels safe at home, in school, and in the neighbourhood
- Makes friends easily and/or has support and opportunities to develop social skills
- Feels skilled at something (e.g. school work, sports, art, music, technical/hands-on work, etc.)
- Is involved in extra-curricular activities
- Sets personal boundaries and respects the boundaries of others
- Reaches out to safe adults when upset
- Maintains a close relationship and secure attachment with a safe adult
- Shows an optimistic/positive outlook

EXAMPLES OF RISKS - CHILD

- Acts insecure/displays low self-esteem
- Feels isolated and lonely most of the time (has difficulty making friends)
- Feels useless and/or not good at anything
- Feels unloved
- Has a disability (cognitive, physical, emotional and/or learning)
- Displays risk-taking behaviour (thrill-seeking)
- Frequently acts on impulse (very impulsive)

EXAMPLES OF SAFEGUARDS - FAMILY

- High supervision (including at home, on the Internet, on the street, in public places)
- Open lines of communication
- Strong emotional bond between parent and child
- Structure and routine at home
- Established family customs (e.g. movie night, pizza night, evening walks, etc.)
- Established family boundaries (sleeps in own bed, privacy, doesn't take on adult role)
- Warm and caring environment (positive time at home)
- Monitored media access (Internet, TV, movies, music, games, etc.)
- Strong support network (extended family and friends)
- Parents notice and respond to changes in child's behaviour patterns
- Parents notice and value what is important to their child

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EXAMPLES OF RISKS - FAMILY

- Lack of parental supervision
- Move and change schools several times during school year/move around a lot (lack connection to community)
- Chaotic home environment
- Sibling with severe behavioural problems (criminal activity, violent, verbally abusive, etc.)
- Lack of family boundaries (physical, emotional, and family roles)
- Lack of emotional connection between child and parent
- Lack of positive parental involvement with child
- High level of conflict between parents

INTERNET SAFETY:

- Anti-virus software and firewalls are used and up-to-date
- Expectation is set that you will monitor your child online
- Games your child plays have been examined by you to determine age appropriateness
- Webcam and computer use is supervised
- Unregulated chatrooms are not permitted
- Your child's time spent online is balanced with time spent in offline activities
- Appropriate online behaviour has been discussed, and appropriate boundaries are reinforced (boundaries can be crossed faster online)
- Your child has been taught to pay attention to 'weirdness' such as someone talking to him/her about sex or someone asking him/her to send pictures of him/herself

PREVENTION CONSIDERATIONS:

- Babysitters have gone through background checks and several reference checks
- Stay engaged in your child's relationships with adults, peers, older and younger children
- Do not leave your child alone with intoxicated adults or teenagers
- Get to know your child's friends and the friends' parents before allowing him/her to sleep over at their houses
- Explain the difference between okay and not okay touching
- Accompany your child to community job opportunities (raking lawns, cutting lawns, shovelling, babysitting) to verify the safety of the job
- Teach your child to always ask permission from you before going anywhere with anyone
- Teach your child to always use the buddy system when going to and from places (visit billybuddy.ca)
- Create and practice "What if" scenarios with your child regarding potentially dangerous situations so your child can consider his/her response before danger actually occurs



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SAFEGUARD:	My husband is involved in my child's hockey. He assists with coaching her team.
How I will strengthen it:	I will make sure to attend games to show my support.

SAFEGUARD:	We have a family pizza and movie night once in a while.
How I will strengthen it:	We are going to make it a custom every third Friday of the month.

SAFEGUARD:	I know my kids' interests. One is interested in horses and the other in singing.
How I will strengthen it:	I am going to get them involved in lessons to build their skill and confidence.

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RISK:	I feel completely at odds with my teenage daughter. We fight constantly.
How I will reduce or manage it:	I am going to talk to friends and her pediatrician to learn more about resources I can access to learn about how to parent through the teenage years.

RISK:	We do not know anyone in our community because everything we do is outside of the community.
How I will reduce or manage it:	I am going to go for a walk with the kids three times a week, so we become familiar with what is going on in the community and start to meet people.

RISK:	We do not have filtering software on our computer.
How I will reduce or manage it:	We are going to install filtering software and continue to monitor our child's computer use.



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SAFEGUARD:	
How I will strengthen it:	

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RISK:	
How I will reduce or manage it:	

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