



CPRI

SEXUAL BEHAVIOUR TEAM

Promoting Safety and Sexual Health

PARENT INFORMATION SAFETY PLANNING

What is a safety plan and why do we need it?

Children and or adolescents who present with concerning sexual behaviour will benefit from a safety plan. A safety plan is an effective means to limit the possibility of harmful behaviour occurring by your child/adolescent.

A safety plan is a set of guidelines and strategies that is developed and put into practise in order to protect your child/adolescent and others.

A safety plan is a proactive approach to identify problem behaviours that could potentially occur and think about ways to avoid them. A safety plan should also identify those situations and environments that are relatively safe for your child/youth and pose little or no risk for harm. A safety plan does not focus on goals for change or reinforcement schedules. It is all about ensuring that your child/adolescent and everyone who comes in contact with them will stay safe.

Children and adolescents with sexual behavior problems must be provided with close supervision. An adult presence often helps children and adolescents “keep it together” during times of high stress. As a rule, do not leave your child/adolescent alone with younger or more vulnerable children.

Caregivers can also identify those times when it is quite safe to allow your child and youth to be “unsupervised”, such as when they are playing a video game, or with Lego, or watching a movie.

A safety plan has to suit the needs of your family and child/adolescent. It is important that your child/adolescent be a part of the process. If it isn't working well for your family, it needs to be adjusted. While it may be difficult to discuss, it is very important that anyone who

assumes a caretaking position of your child or adolescent be made aware of the safety plan. This might include responsible adults at school, church, scouts, sporting events, family gatherings, etc.

If you have problems with any aspect of the safety plan or encounter serious problems, please call a professional involved in the care of your child/youth.