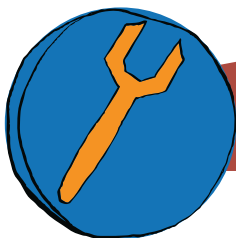


KEEP ME SAFE



TOOL 1D: THINGS THAT MAKE ME FEEL SAFE

LINKED TO:

- This tool can be used in all situations where you might engage children directly about their feelings
- Sections 1.4, 1.5, 1.6 & 2.1 & 2.11,



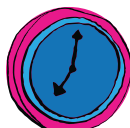
WHY?

- To introduce the topic of safety to children
- To hear from children about the things that help make them feel safe
- To help with safety planning for individual children
- To help families understand what each child needs to feel safe



WHO WITH?

- Children as individuals, in groups or as a family
- 5 – 10 year olds



TIME?

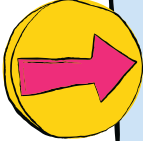
- 15-25 minutes



YOU'LL NEED?

- Template
- Coloured pencils / textas

KEEP ME SAFE



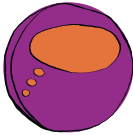
WHAT TO DO:

- Start by explaining the metaphor of the blanket 'I love lying in bed with my blanket. I feel warm and safe and I can hide from the world if I like. On this girl's blanket there are things that make her feel safe: people in her family, her animals, places she can go'.
- Ask children what feeling safe means to them: What does it feel like? When do they feel most safe? What are some of the things that they need to feel safe?
- Get the kids to decide in which of the domains the 'things that make me feel safe' best sit. The domains include: people in my family, other people, animals, places, feelings, things I know, things people can do



SOMETHING DIFFERENT?

- Kids might feel more comfortable cutting images, words or pictures from magazines; using stickers; sculpting answers from plasticine
- If you have time and are working with a creative child why not make your own safety blanket using the domains identified and patchwork pieces representing the things that help this particular child feel safe



TO THINK ABOUT:

- Some kids don't have many spaces or things that make them feel safe: be mindful of this and don't assume anything.
- Help create some spaces for kids where they can feel safe, being mindful that they need to be sustainable (ie its OK that there is a safe space in your refuge but this needs to be recreated at their new flat etc).



HAZARD ZONES:

- Be aware that kids might want to disclose information about times when they've felt unsafe. It's important that you have made it clear about how you might deal with these messages (see 1.6) and that you've created a space where they know that it's OK to talk if they need to.

Things That Make Me Feel Safe

