

## Family Safety Plan

This is a basic safety plan with suggested rules for a family with a child with problematic sexual behaviors. It is intended for school-age children (ages 7-12) and adolescents (ages 13-18), who are capable of sharing some of the responsibility for keeping the rules. Under the guidance of knowledgeable professionals, each family should adapt or customize the safety to fit their individual situation. For most children and adolescents, the safety plan will have basic common-sense rules. It should not keep children or adolescents from engaging in most typical childhood and adolescent activities, nor should it pose a heavy burden on the caregivers. Developing and establishing the safety plan while the family is receiving professional services is recommended, with guidance on modifying the plan over time as the child or adolescent and family demonstrate progress. The term "caregiver" can reflect any caregiver in the home (e.g., parents, other responsible adults) and the terms brother and sister can refer to any children in the home. Blanks should be filled with the name of the child or adolescent with problematic sexual behaviors. The basic suggested rules are:

### Rules for

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1. \_\_\_\_\_ will not babysit or be in charge of any children for any amount of time.
2. \_\_\_\_\_ will not go into other children's bedrooms without adult supervision. If s/he is invited into one of their bedrooms, s/he will say, "No" and then tell an adult what happened.
3. \_\_\_\_\_ will not have other children come into his/her bedroom, unless a responsible adult is notified and is in the room to supervise.
4. \_\_\_\_\_ will not be in the bathroom if another child is present.
5. \_\_\_\_\_ will keep the bathroom door closed when s/he is in there alone.
6. \_\_\_\_\_ will not engage in any "horseplay", wrestling, or tickling with his/her brothers, sisters, or any other children.
7. \_\_\_\_\_ will not listen to music, watch television shows, movies, or videos, or access Internet sites that his/her caregivers have not approved.
8. \_\_\_\_\_ agrees that s/he won't talk about sexual things or make any sexual comments or sexual jokes around his/her brothers, sisters, or other children.
9. \_\_\_\_\_ will not be alone with another child.
10. \_\_\_\_\_ will refer other children to get an adult if they ask him/her questions about sexual matters.
11. \_\_\_\_\_ thinks about breaking a sexual behavior rule or engaging in an illegal behavior, s/he will talk with a caregiver.
12. \_\_\_\_\_ will dress in appropriate clothing that keeps his/her private parts covered.

### Some things \_\_\_\_\_ CAN do if OK with brothers, sisters, and caregivers while supervised by a responsible adult:

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

**Some things \_\_\_\_\_'s caregivers will do:**

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1. Supervise interactions between \_\_\_\_\_ and all children, including his/her brothers and sisters, and not ask \_\_\_\_\_ to babysit.
2. If caregivers are not around to supervise interactions between \_\_\_\_\_ 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, text/chat, Internet material and activity, and camera usage.
4. Monitor \_\_\_\_\_'s activities, such as school work, homework, type of friends, whereabouts, and so forth, and help him/her make good choices.
5. Help \_\_\_\_\_ follow his/her rules by reminding him/her, if needed.
6. Make sure that all the children are clothed unless they are alone in their own room with the door closed, in the bathroom with the door closed, or in their own bed.
7. Be open and accepting about talking with \_\_\_\_\_ about any sexual questions or thoughts.

**The family agrees to:**

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1. Treat each other with respect.
2. Respect the caregivers' authority and follow their house rules.
3. Listen to each other.
4. Be kind to each other.
5. Dress respectfully and appropriately.
6. Have fun activities with each other.
7. Have time so the children and adolescents in the home can talk privately with their caregivers 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:**

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1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

If \_\_\_\_\_ or any other child has difficulties following the rules, then s/he should go to a caregiver or other trusted adult for help.

If \_\_\_\_\_ or any other child tries to break or does break any of the rules, then s/he should be told "NO!" or "STOP" and then someone should tell a caregiver or other trusted adult as soon as possible.

**Signed:**