

Name: .....

Date.....

Stay Safe - Me

(STEP 3 PLUS)

'SF' = What I want in my Support Plan

= What I can already do



## Stay Safe - Me

### Step 3 - Being Independent

Knowledge - I Know

/SF

Skills - I can

/SF

### Not causing others harm

I know how to stop myself causing other people harm

How?

I can stop myself causing other people harm

My examples of doing this are:



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**Keeping Safe from others**

<p>I know how to stay safe from harm by others How could I do this?</p>		<p>I can stay safe from harm by others My examples of doing this are:</p>	
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**Self Harm**

<p>I know how to manage self harm How could I do this?</p>		<p>I can manage self harm How do I manage self harm?</p>	
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**Assessing Risk**

<p>I know how to assess risk How do I assess risk?</p>		<p>I can assess risk My examples of doing this are:</p>	
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**Managing the signs when things go wrong**

<p>I know how to manage my warning signs How could I do this?</p>		<p>I can manage my warning signs How do I manage my warning signs?</p>	
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Assertiveness			
I know how to be assertive How could I be assertive?		I am assertive I have been assertive when.....	



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Confidence			
<p>I know how to be confident How could I be confident?</p>		<p>I am confident I have been confident when.....</p>	



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I agree that this evidence has been checked and approved as complete for:  <ul style="list-style-type: none"><li>• <b>Step 3 - Stay Safe-Me</b></li></ul>	Date:	Support Worker:
	Date:	Manager:

If the evidence is not sufficient, please state why, or give any further comments:

