




Name: ..... Date .....

Stay Safe - Me (STEP 1 PLUS)

'SF' = What I want in my Support Plan

☑ = What I can already do

 <b>Stay Safe - Me</b> <b>Step 1 - Being Aware</b>			
Knowledge - I Know	☑/SF	Skills - I can	☑/SF
<b>Not causing others harm</b>			
I know I should not cause others harm <i>Guidance 1</i> <b>What harm might I cause others?</b>  <b>Why shouldn't I cause harm?</b>		I understand that causing others harm, will affect my safety <b>How could it affect my safety?</b>	

[Type text]





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**Keeping safe from others**

I know I need to keep safe from harm by others -

*Guidance 2*

What harm might others cause me?

How can I keep safe?

Who might harm me?

I understand when I might be at risk of harm from others, and why it's important to stay safe

When might I be at risk of harm from others?

[Type text]





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Self Harm			
<p>I know I need to manage self harm <i>Why is important to manage it?</i></p>          <p><i>Who can help me?</i></p>		<p>I understand that getting support with self harm, could improve my quality of life <i>How could it help improve my life?</i></p>	

[Type text]





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**What is risk?**

I know what a risk is - *Guidance 3*

What is risk?

Give some examples:

I understand that there are lots of risks in life, and I can see that careful decision making about risks could help improve my life

What risks have I chosen to take?

How could this help me?

What other risks should I consider?

[Type text]





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**Signs of things going wrong**

I know what my warning signs are

Make a list of them:

I understand the importance of noticing when things start to go wrong

What do I need to watch out for?

How could this stop things getting worse?

[Type text]





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Assertiveness			
<p>I know what assertiveness is - <i>Guidance 4</i>  <i>What is it?</i></p>		<p>I understand how assertive I am, and how being more assertive could improve my quality of life  <i>How could I improve my life by being more assertive?</i></p>	

[Type text]





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Confidence			
I know what confidence is <i>What is confidence?</i>		I understand how confident I am, and how being more confident could improve my life <i>How could I improve my life by being more confident?</i>	

**Guidance 1** - This could be unsafe disposal of needles or other sharps, leaving prescribed or un-prescribed medication, or any substance that could cause harm where other may be harmed by it.

**2** - This could include any of the forms of abuse as detailed in No Secrets; Physical, Financial, Institutional, Neglect, Discrimination, Sexual or Psychological.

**3** - A risk is when something harmful might happen to yourself or others. It could be things like people getting into my home if I leave the door open, or tripping over on a wet floor, or sharing needles etc.

**4** - This is about being able to tell people my feelings in a non-aggressive way. For example not letting someone into your home when you don't want to



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I agree that this evidence has been checked and approved as complete for:  • <b>Step 1 - Stay Safe-Me</b>	Date:	Support Worker:
	Date:	Manager:

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

[Type text]

