

# Family Safety Plan

This is a basic safety plan with suggested rules to assist families dealing with problematic sexual behaviors (PSB's). It is intended for children ages 7+ who are more 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 plan to fit their individual situation.

Establishing the safety plan while the family is waiting for and/or receiving professional services is recommended, with guidance on modifying over time as the family demonstrates progress. **The basic suggested rules are:**

## **Things the family WILL NOT do:**

1. Will not enter the bathroom when someone else is in the bathroom, unless a child needs assistance from an adult.
2. Will keep the bathroom door closed while using the bathroom.
3. Will not engage in any "horseplay", tickling, wrestling with their siblings or any other children.
4. Will not watch/listen to movies, TV shows, music, internet, or other media that their caregivers have not approved or which contain sexual material.
5. Will not make sexual comments, or sexual jokes.
6. Will not send sexual content by any means.
7. Will not engage in the use of pornography including looking at pictures, videos, or drawings of individuals without clothes.

## **Things the child with PSB WILL NOT do:**

1. Will not baby-sit or provide care for another child for any amount of time. This includes any and all caretaking activities such as bathing, dressing, undressing, walking a younger child to the bus stop, or to school, etc.
2. Will not go into siblings' bedrooms. If they are invited into their bedrooms, they will say "No."
3. Will not allow their siblings to come into their bedroom.

## **Things the child with PSB WILL do:**

1. Will respect the authority of their caregivers and follow their house rules.
2. If they are doing something and someone says "No," or "Stop," they will do so.
3. If any children, bring up sexual topics or ask about sexual things, they will tell them to go ask their caregiver.
4. If they feel temptations to engage in problematic or illegal sexual behavior, they will talk about it with a caregiver.

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## Things the child with PSB CAN do, while supervised by a responsible adult:

1. Can watch TV, read, listen to music, play sports or play games with other children, when appropriate.
2. Can talk and joke politely.
3. Can engage in spiritual or religious activities, go to the store, or on family outings.
4. Can ride in the car with their family.
5. Can eat meals or go to restaurants.
6. Can show appropriate affection to others with consent and supervision.

## Things the caregivers WILL do:

1. Where supervision is required per this Family Safety Plan, caregivers will provide line of sight supervision to the child with PSB, meaning that they must be able to see and hear them at all times.
2. Caregivers will supervise interactions between the child with PSB and other children and not ask them to babysit or engage in any caretaking roles as mentioned above.
3. If caregivers are not available to supervise interactions between the child with PSB and other children, they will make sure that there is another informed, responsible adult who will take on this responsibility.
4. Caregivers make sure children are not watching/listening to movies, TV shows, music, internet, or other media that their caregivers have not approved or which contain sexual material.
5. Caregivers will monitor activities and help the child with PSB make good choices.
6. Caregivers will help everyone to follow rules by reminding them when necessary.
7. Caregivers will ensure that everyone in the home is clothed, unless they are in a room alone, with the door closed.
8. Caregivers will be open to communicating when a child has questions about sexual topics or is thinking about breaking a rule.

## The the family agrees to:

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/appropriately.
6. Have fun activities with each other.
7. Help each other be successful and follow the rules of the family.

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**Any other rules that are needed:**

- 1.
- 2.
- 3.

**This safety plan starts today and will be followed until:**

- All rules have been followed, there hasn't been a problematic sexual behavior in 90 days and the treatment team is in agreement with the changes, or
- A new plan is developed in coordination with a treating professional, or
- Juvenile Court has determined that a different plan is needed.

*Child Signature:*

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*Caregiver Signature:*

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*CPS Worker Signature:*

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