**My Plan**

**If you’re in immediate danger, dial 999**

**ChildLine**: 0800 111 www.childline.org.uk

**The hideout**

[www.thehideout.org.uk](http://www.thehideout.org.uk)

**Broken Rainbow**

0845 260 4460

[www.brokenrainbow.org.uk](http://www.brokenrainbow.org.uk)

**Child exploitation & online protection Centre (CEOP)**

Ceop.police.uk/safety-centre

My Code Word:

………………………………………….

My safe place:

At Home:…………………………

Outside:…………………………..

1st Name:………………………..

Number:…………………………..

2nd Name:……………………….

Number:……………………….....

3rd Name:………………….......

Number:…………………………..

#  Safety Plan