



Domestic Abuse Risk Management

Safety Planning

The following is a step by step guide to completing a safety plan with a family when domestic abuse is a concern. This tool is designed as a guide for social work professionals who attend DV-ACT risk management training.

01

Identify the Risk Concerns

Risks to be clearly identified and prioritised so there is no confusion with the parents about what the source of danger is.

02

Have a Shared Understanding Amongst Professionals

All colleagues and workers understand the risk concerns and support the safety plan.

03

Agree the Actions Required to Address the Concerns

The instructions must be specific and verifiable, spelling out what they must do, how they can do that and by when.

04

Ensure Both Parents Understand the Risk Concerns

Both parents need to be clear about what the risks are and what their responsibilities are. It must be clear which parent is the primary protector of the children when risks occur.

05

Involve Suitable Others to Provide Support

Supporters and family members should be risk aware regarding the needs of the children. They should be invited to attend sessions and agree what their involvement in the safety plan will be.

06

Identify Triggers and Agree a Safety Word

Draw on previous incidents to identify triggers to conflict escalation.

07

Develop Risk Scenarios and Alternative Strategies

The parents should be actively participating in scenarios that are real and cover the main risk concerns. They can then devise strategies to prevent conflict, using the safety word and safety rules.

08

Write Up and Sign the Safety Plan

Write up the clear and concise safety plan by the final session so that the parents can sign this.

DV-ACT provide risk and vulnerability assessments, consultancy and training across the UK. To find out how the experts at DV-ACT can help with cases where domestic or sexual abuse is a concern please contact us.



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