

Please show staff the phrases that apply to you




I have children



I have contact with children



People rely on me



I don't have anyone to support me




I don't feel safe talking to people



I don't feel safe with my partner/partner



I don't feel safe with family or friends



I don't feel safe online



I don't feel safe



I have been threatened



Someone has threatened to hurt my pets




Someone has threatened my family



I have been pressured to do something



I can't spend my money freely



Other people use my money



I am worried about how I act towards others



I have hurt my partner/family



Other people are worried about me



I don't have anywhere safe to live




I have a disability




I feel pressured to use drugs or alcohol



I need help with my mental health



I have recently come to the UK



I need help to communicate



I have been physically hurt by someone



I owe someone money



I have intentionally hurt myself



Someone has choked or strangled me



I am told what to do




I have been hurt sexually by someone



I have to carry a weapon




I am being watched



I miss a lot of school/work



I feel trapped



I have an upcoming trip I'm worried about



I want to tell you about something else

Safeguarding Safety Exploration Tool - Visual Aid

What is this Tool?

This tool has been developed jointly by individuals with lived experience of abuse and professionals with expertise in these areas. This tool is designed to help you explain what might have happened to you. Whilst some things may seem normal, they can be signs that you may be at risk of harm. Each person has a unique story, we hope that this tool can help you talk about what has happened to you if you feel ready to.

How to use this Tool

- Take your time
- Point to, or circle things that apply to you
- Focus on yourself and your experiences
- Ask for a break if you need one
- Ask for an interpreter if you need one
- There are no right, or wrong answers
- There is no picture or phrase that is more important than any other

What's Next?

The staff member who gave you this tool to complete, may want to talk to you in more depth about your responses.

They might want to talk to you about how safe you currently feel and what you think needs to happen next.

The staff member will talk to you about the next steps, and you should be at the centre of this decision making. The goal will always be to keep you, and other people impacted safe.

There are some actions that the staff member might need to take in certain situations, this could include sharing information with other professionals, such as a social worker. When this is the case they should speak with you about when and why this needs to happen.

This tool has been heavily inspired by the Modern Slavery Self-Identification Tool created by the Lived Experience Advisory Panel (LEAP) at the Human Trafficking Foundation. If you have concerns that someone has experienced trafficking/modern slavery we suggest making use of this tool.

This Box is for Staff Supporting Individuals with this Tool

- This visual aid forms part of the **Safeguarding Safety Exploration Tool (SSET)** and should be used alongside this, and identified phrases explored further.
- Staff should familiarise themselves with the SSET **supporting guidance**.
- This tool is **not a threshold document** and any singular phrase may warrant further exploration and action.
- Explain your role and why you are initiating this conversation.
- Allow for **breaks and time**, trauma can make it hard to recall experiences.
- Use **clear language**, if an interpreter is needed, ensure they are qualified and have appropriate checks

**SAFEGUARDING SAFETY
EXPLORATION TOOL**