



A Commitment to
**Non-Violence
& Safety**

AT ANGLICARE & ST SAVIOURS
ITC HOMES

Name:

Date:



We acknowledge that this Safety Commitment will be made on Country and so in the spirit of reconciliation, Anglicare/St Saviours acknowledges the Traditional Custodians of Country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today and especially to any First Nation Australians creating this Safety Commitment.



What are

Non-Violent & Safe Homes?

In Anglicare we take the safety of young people in our care very seriously. Young people have come to live in our homes because they have experienced – in one way or another – too much violence and too little safety in their lives.

We want there to be no violence in our homes, and for all young people in our homes to feel safe, so that they can heal, learn and grow.

What is

Non-Violent & Safe Behaviour?

Our behaviour is the things we do, the words we use and how we say those words. Our behaviour matters because it affects other people and ourselves. Other people are as important as ourselves and we should treat them in ways that we would like to be treated ourselves.

When we are being non-violent and using safe behaviour, we are not hurting or harming other people or ourselves.



**Our behaviour is the
things we do,
the words we use &
how we say those words.**

It can be helpful to think about non-violence and safety across different areas...

1 *Physical*

2 *Social*

3 *Psychological*

4 *Cultural*

5 *Moral*



Physically non-violent & safe behaviours

- Keeping our bodies safe and not hurting other people's bodies
- Being kind to our bodies by eating healthy food that nourishes us, and by exercising
- Getting a person's consent whenever we get intimate and connect sexually with them
- Learning about how to use alcohol or drugs in the least harmful or risky ways
- Letting safe adults know where we are going, when we leave the house
- If we have hurt someone else, taking responsibility to resolve the issues and to repair the relationship



Psychologically non-violent & safe behaviours

- Being self-aware and knowing ourselves better
- Having kind thoughts about ourselves
- Showing compassion and forgiveness to ourselves when we make mistakes
- Allowing others to help us to find, and to practice, healthy ways to manage our feelings and emotions



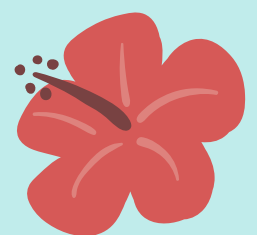
Culturally safe behaviours

- Respecting other people's cultures and religions and seeking to understand them better
- Feeling proud and strong about our own culture and valuing other people's cultures too

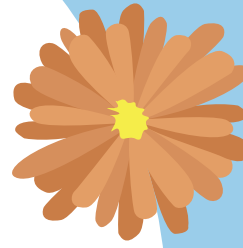


Socially non-violent & safe behaviours

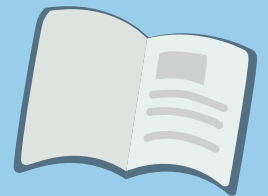
- How we say things, not just what we say
- Meaning what we say, and not being mean when we say it
- Listening to other people and letting them express their needs (safely) too
- Setting boundaries with people that make us feel safe and comfortable, and respecting the safe boundaries that others set with us
- If someone is different to us (eg their gender or sexual identity or they have a physical or mental disability) we are respectful and kind to them even if we don't understand them
- Respecting other people's belongings



Morally non-violent & safe behaviours



- Seeking to learn and know our own values, and acting in ways that are in line with our own values
- Seeking to learn and understand other people's values, and acting in ways that are respectful of their values
- Hanging-out with people who respect our values and help us stick to our values



Our Commitment & Your Commitment to Non-violence

1. We care about you and will support you to be non-violent and to use safe behaviours.
2. We understand that, because of your earlier experiences of violence and lack of safety, you sometimes find it very hard to keep to being non-violent and to use safe behaviours.
3. We also understand that making changes can sometimes feel scary.
4. We all make mistakes, or feel a bit out of control sometimes. If this happens for you, we will be here for you, we will not judge or reject you. We will work with you, to help you and others be safe.
5. We will support you to use this personal safety plan.
6. By making this commitment, you are really showing everyone that you are serious about wanting to be safe and to keeping others safe too – so everyone can heal, learn and grow – and that you are serious about growing into a person who knows how to have healthy relationships and who does not want to hurt other people.
7. We will review this plan with you frequently and whenever you want to review it.

**With this personal safety plan,
I am making a commitment to try and stop
doing things that are violent or unsafe**

<p>Important things to know about me, to help keep me safe, if I'm restrained: (medical / physical / emotional concerns that place me at higher risk during a physical intervention) (to be relayed to emergency services)</p>	<p>Note: Anglicare does not allow staff to restrain young people.</p>
<p>Some things that can trigger me: (current issues / personal / family / social / environmental etc)</p>	
<p>Things I might do that are unsafe</p>	

**Together we
will help you to
develop safer
behaviours.**



Strategies to 'help me to help myself' be safe in all situations



**This is what I may look like,
say and do**

This is what helps me be safer
(things I can do myself and
things other can do)

When I'm CALM (baseline)		
When I'm TRIGGERED (triggering event)		
When I'm ESCALATED (escalation)		
When I've LOST CONTROL (outburst)		
When I'm RECOVERING (recovery)		



My Emergency Contacts

Name

Phone

Name	Phone
[Empty table for emergency contacts]	



Sign Off & Authorisation

Young Person Name:

Signature:

Date:

Staff Member Name:

Signature:

Date:

Endorsed by Therapeutic Specialist:

Signature:

Date:



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Artwork below by Anabelle Warn

