

Enhancing Safety and Wellbeing Plan

Purpose: This Safety and Wellbeing Plan aims to identify areas of concern and strength and outline targeted strategies and resources to promote healthy relationships, connection, develop skills and overall enhance safety and wellbeing of a child or young person who has displayed harmful sexual behaviours (HSB). This plan is a longer-term plan spanning 12 months and should accompany an Acute Safety plan following incidents of HSB.

1. Child/ Young Person's Information	
Child's name:	Rachel Doe
Child's DOB:	20/01/2011
Child's age:	14
Carer/s name:	Joe, Tessa, Freya
Child's placement location:	Armadale

2. Wellbeing Plan Information	
Date of plan:	24/05/2025
Person developing the plan:	Samantha Jones
Is this a new plan or a review?	new
If a review – date of last review:	Click or tap here to select date.

3. Cultural Review	
Is the child Aboriginal and/or Torres Strait Islander?	<u>no</u>
Is the child culturally, linguistically and/ or religiously diverse?	<u>no</u>
<i>If you answered yes to either of the above questions, you must consult with an Aboriginal Practice Lead/ Cultural Advisor or appropriate alternative.</i>	

4. Consultation informing the safety plan – list all those who have contributed to the plan	
Child or young person	Rachel Doe
Case Manager or equivalent	Samantha Jones
Team Leader or equivalent	Michael Thompson
Parent, Family or Kin	Melissa Doe
Caregiver	Joe, Tessa
Aboriginal Practice Lead/ Cultural Advisor	Click or tap here.
Therapeutic Practitioner	Hannah Watson
Education support	Fiona Wild
Other	Click or tap here.

****The following pages can be provided to members of the Care Team (carers, educators, family etc), and if appropriate to the child or young person (or a version of the below with simplified language).**

Enhancing Safety and Wellbeing Plan

Rachel Doe.

24/05/2025

Samantha Jones

Safety and Wellbeing Statement – what are we worried about?

We are worried about very concerning sexual behaviours displayed by Rachel towards her younger brother over the previous three months while co-sleeping, inclusive of coercion into sexual fondling, oral sex and masturbating in an inappropriate environment with brother present.

Strengths – what is working well?

Child or young person

Engaged in regular basketball team, good relationship with coach

Care environment

Building good relationship with carers, particularly Tessa

Family

Consistent regular contact with mother recently and feeling positive regarding this.

Domain of enhancing safety and wellbeing	What are we concerned about in this domain?	Goals for next 12 months	Activities/ strategies – what needs to happen?	Who is responsible?	By When?	Updates and progress
<i>Emotional and psychological wellbeing</i>						
This domain focuses on key strategies and support to enhance a child or young person's emotional (e.g. recognising and regulating emotions) and psychology (e.g. self-esteem, mental health)	PTSD diagnosis, history of attachment difficulties and emotional difficulties. No consistent mental health care to date.	Engage in regular, consistent mental health care and treatment for PTSD with consistent trauma-informed practitioner who can also support targeting HSB in context of attachment	Assessment needed for therapeutic intervention goals and plan to be made for regular sessions to achieve goals.	Samantha Jones to liaise with new MH practitioner Hannah Watson	01/06/2025 to make plan of action	Progress reports to be provided every 10 sessions to case manager once intervention commenced

Domain of enhancing safety and wellbeing	What are we concerned about in this domain?	Goals for next 12 months	Activities/ strategies – what needs to happen?	Who is responsible?	By When?	Updates and progress
functioning. Improve self-connection, tailored interventions for specific needs related to HSB, and resources for recognizing and addressing past trauma; holistic therapeutic supports to promote comprehensive emotional and psychological growth.		difficulties and trauma history.				
Empowering responsible and safe digital engagement						
Supports and strategies to promote responsible and safe digital interactions, including the use of social media and pornography.	Unclear what Rachel's social media and digital engagement is	Ascertain understanding of Rachel's device use, social media use and potential pornography exposure. Provide age appropriate education regarding online safety and healthy engagement online.	Education re: social media safety, sexual engagement online (inclusive of risks) and assess exposure to/use of pornography to gain awareness of this.	Tessa with support from Samantha Jones and Hannah Watson	Not immediate concern – gradual and consistent over next few months	Tessa to report back to care team what conversations have occurred and any concerns regarding Rachel's understanding of this or exposure online.
Building strong relationships						
This domain emphasises strategies and supports to enhance connections with friends, family and community. It should include consideration of	Minimal social connections and no close friendships Many changes in carers – still developing these relationships	Increase opportunities for same-aged friendships Increase connections and strength of	Look for opportunities to strengthen friendships with members of basketball team and engage in age appropriate social activities outside of	Carers (Tessa, Joe, Freya) in line with case manager approval (Samantha Jones)	Ongoing	Bi-monthly care team meetings – check in re these domains

Domain of enhancing safety and wellbeing	What are we concerned about in this domain?	Goals for next 12 months	Activities/ strategies – what needs to happen?	Who is responsible?	By When?	Updates and progress
<p>activities, strategies and supports to improve friendships, reduce social isolation and bullying, strengthen ties with family and kinship networks, and foster deeper engagement with community resources.</p>	<p>Only recent consistent contact with mother</p> <p>Very happy to be placed back with her brother after significant separation – placement and relationship in jeopardy given HSB</p>	<p>relationships with carers</p> <p>Maintain consistency in contact with mother and support Rachel’s mother to maintain contact.</p> <p>Significantly increase safety for Rachel and her brother in their environment to enable them to remain residing together and rebuild healthy ways of connecting</p>	<p>basketball games</p> <p>Provide one to one quality time with main carers to build relationships. Aim for consistency in carers within the home.</p> <p>Support regular contact with mother and foster this connection. Provide mother any necessary supports to maintain regular contact (transport assistance etc.)</p> <p>Review what is needed to enhance safety for both Rachel and her brother in the home (i.e. environmental changes to ensure no co-sleeping), as well barriers to this.</p> <p>Strategies and safe activities to enhance</p>	<p>House manager (Will) and carers (Joe, Tessa, Freya)</p> <p>Case manager (Samantha Jones)</p> <p>(Carers (Joe, Tessa, Freya) with support from house manager (Will) and case manager (Samantha)</p>		

Domain of enhancing safety and wellbeing	What are we concerned about in this domain?	Goals for next 12 months	Activities/ strategies – what needs to happen?	Who is responsible?	By When?	Updates and progress
			healthy relationship re-establishment (supervised) between Rachel and her brother			

Behavioural awareness and management

Supports and strategies to enhance the child or young person's understanding and management of their behaviour. Targeted information or interventions to build knowledge, skills, and capacity related to safe and responsible behaviour, healthy sexual behaviour, sexual consent, and the law.	Rachel is demonstrating very concerning harmful sexual behaviours which have already harmed her brother and herself.	Rachel to increase her understanding of appropriate and healthy sexual behaviours and reduce her very concerning sexual behaviours.	Psychoeducation and therapeutic intervention.	Hannah Watson	Ongoing – practitioner to guide timelines for intervention	Click or tap here.
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Physical wellbeing and connection

Supports and strategies to strengthen the child or young person's connection to their body and overall physical well-being. Activities, resources, and interventions considered within this domain should include those	Rachel has some naivety regarding her understanding of sexual topics and an altered understanding of appropriate sexual behaviours due to her experiences.	Increase Rachel's age appropriate understanding of her body and sexual development. Increase Rachel's understanding of HSB.	Targeted psychoeducation with psychologist. Ongoing transparent and open conversations regarding health sexual development with carers	Hannah Watson Joe, Tessa, Freya	Ongoing	Click or tap here.
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Domain of enhancing safety and wellbeing	What are we concerned about in this domain?	Goals for next 12 months	Activities/ strategies – what needs to happen?	Who is responsible?	By When?	Updates and progress
that promote healthy physical development, proper nutrition, and effective management of illness and disability.						
<i>Cultural safety and connection</i>						
This domain emphasises supports and strategies to deepen the child or young person's connection to their cultural and spiritual identity. Initiatives to enhance their connection to their culture and traditions, strengthen ties to their country or heritage, and foster a meaningful connection to their spiritual beliefs. This may include a visit to country to facilitate healing if safe and appropriate.	No significant concerns	Explore Rachel's cultural heritage further	Discussions with Rachel's mother and other family members where appropriate	Samantha Jones	Ongoing	Click or tap here.
<i>Placement stability</i>						
Supports and strategies to enhance both the stability and quality of the young person's living situation, aiming to help	HSB threatening safety of placement for Rachel and her brother.	Significantly enhance safety to enable stability for Rachel and her brother and reduce need for Rachel and brother to	Physical and environmental strategies as outlined in safety plan to be implemented immediately and	Carers and House manager (Will), in consultation with case	Immediately and ongoing	Click or tap here.

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<p>them thrive in their current and future living arrangements. Including planning for leaving care arrangements if applicable, carer supports and training as well as strategies to foster positive dynamics within the placement.</p>	<p>New placement (3 months) and significant previous placement changes prior to this.</p> <p>Rotating staff roster</p>	<p>be separated and for Rachel to move placements.</p> <p>Maintain as much consistency in carers as possible.</p>	<p>monitored/reviewed for any further safety concerns.</p> <p>House manager to support carers in managing Rachel and other children to increase likelihood of carer consistency and stability in the placement.</p>	<p>manager (Samantha)</p>		
School and recreation						
<p>Boost the child or young person’s engagement and success in educational, employment and recreation settings. This includes initiatives to enhance academic engagement, foster enjoyment, and achievement in school, and prepare for or improve participation in the workforce. This may include re-integration following HSB displayed in these environments.</p>	<p>Disconnected at school, falling behind academically, and minimal social connections in school environment</p>	<p>Increase connections with key school staff</p> <p>Improve support for academic progress</p> <p>Increase opportunities for social connections at school</p>	<p>Identify two key staff members who can meet with Rachel regularly and conduct wellbeing check ins and build strong relationships with her</p> <p>IEP to be in place and consideration of tutoring for extra support</p> <p>Extra-curricular activities to be considered for opportunities to build</p>	<p>Fiona Wild in consultation with case manager (Samantha Jones)</p>	<p>01/06/2025</p>	<p>Click or tap here.</p>

Domain of enhancing safety and wellbeing	What are we concerned about in this domain?	Goals for next 12 months	Activities/ strategies – what needs to happen?	Who is responsible?	By When?	Updates and progress
			social connections with school-peers			
Other						
Include here any other area of the child or young person's life that requires focused attention to support longer term wellbeing and safety.	Click or tap here.	Click or tap here.	Click or tap here.	Click or tap here.	Click or tap here.	Click or tap here.

Date of next review:	8/06/2025
Has this plan been discussed with/ given to the child or young person?	yes
List all others who have a copy of this plan?	Click or tap here.