



'I am supported to feel safe'

Journal 4 in our 'I Statement' Series

This journal belongs to:

Date started:



'I am supported to feel safe'



In this journal we will be thinking about how you are supported to feel safe.

Your support staff help to keep you safe. We will look at what it means to feel safe.

For example, you can feel safe when you are at home, you can feel safe to explore and express your identity, you can feel safe when you are out and about.

Use the journal to draw or write about what feeling safe means to you. Have a think about what could help you feel even safer in your life and how you could be supported to make it a reality.

What does feeling safe mean to you?

Think about what being safe feels like to you.
Write your thoughts here:



"Feeling calm in my home"

"Being able to tell people what I think"

What can you do to keep safe?

Have a chat with someone about keeping safe at home and when out and about. Draw or write your examples below:



Examples

- I let someone know my plans.
- I stay aware when out in public.
- I share my thoughts with friends who listen and respect me.

Different types of safety

Physical Safety



- Feeling protected from harm or danger
- Having secure spaces
- Reliable shelter
- Physical comfort

Social Safety



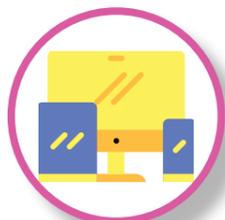
- Feeling accepted, respected, and valued in relationships
- Knowing you can be yourself without judgment, rejection, or pressure.

Psychological Safety



- Feeling mentally and emotionally supported
- Free to express thoughts, make mistakes, and explore ideas without fear of criticism or shame.

Digital Safety



- Only sharing personal and financial information with people/organisations you know and trust.

What helps you to feel safe?

What are the things that make you feel safe in your home? 

What helps me feel safe when I feel overwhelmed or stressed?

What places feel safe to me and why?

Sensory Safety



What smells, textures, or sounds make you feel safe?



"I like white noise for sleep"

Your Safety Matters

Your Safety Comes First

At Creative Support, we want you to feel safe and cared for.

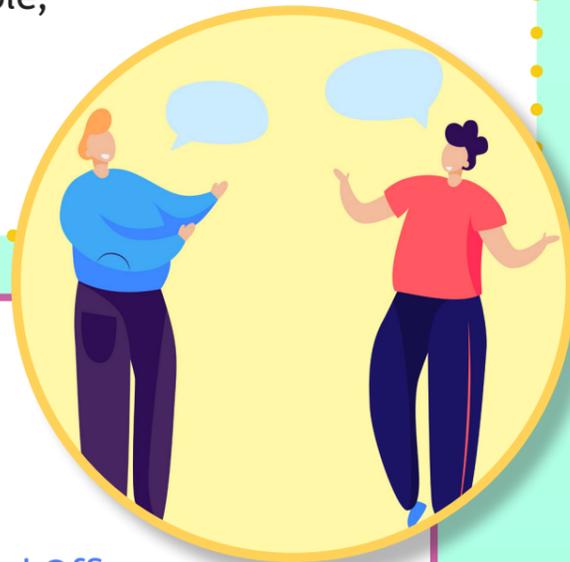
Our staff know how to help to keep you safe and act quickly if there's a problem.

They follow the **SAFER Code**, which helps them to protect you.

If something doesn't feel safe, tell a member of staff, they will listen and take action.

Your safety and wellbeing are our top priority every day.

You have the right to feel safe, comfortable, and respected.



Make sure you know how to get in touch with your local on-call out-of-hours service. Ask your staff for details.

You can contact Creative Support's Head Office 24 hours a day, 365 days a year, on **0161 236 0829**.

If you want to give feedback on the service you receive, or you have a complaint, you can contact our Customer Care team on the number above, or by emailing **customer.care@creativesupport.co.uk**

What steps will you and your support worker take to make you feel safe?

Talking about these steps together gives you more control over your environment and support. It also helps your support worker know what works best for you, so they can act quickly to keep you safe.

Step 1



Step 2



Step 3



Get Creative

This journal is about being supported to feel safe. Use this space to write, draw, doodle, collage or add anything that shows you feeling safe.



**Creative
Mission
Competition**

We are bringing back our
Creative Mission Competition for 2026.

Send us a picture of the back page of this journal
for your chance to win a We Care Hoodie!

Send your work to **marketing@creativesupport.co.uk** to be
entered into our monthly Creative Mission Competition.

