



# SOCIAL SAFETY PLAN

**You can fill out this social safety plan by yourself, or with a friend, peer or professional.**

When planning to socialise or attend events, think about what support you might need. Use this safety plan to improve your social experiences and wellbeing.

It is your right to receive access information about a venue or event before attending.

Access information includes:

- **Venue descriptions:**
  - outside and inside spaces, low sensory space, all gender toilets, wheelchair accessible, parking and transport information.
- **Event information:**
  - lighting, strobing, smoke machines, available food and drink, which staff or event organisers to seek out for support, programming details.
- **Available Auslan interpreters and/or live captioning.**

Fill out these safety plan statements prior to attending social events or activities:	
How many social activities can I handle in a day/week?	What passive social activities (like, listening to podcasts, watching videos on social media, joining a Discord) do I enjoy doing without leaving the house?
What do I take with me and what do I need to do before I leave the house to feel safe and calm?	What access and venue information do I need to know to be able to attend an event?
Prior to attending a social event, who can I reach out to for encouragement or a check-in?	Who is someone I can attend certain events with?
What are things that could trigger/activate overwhelming feelings or sensations while I'm out?	What can I do when I feel uncomfortable at an event or during an activity to make me feel safe and calm?
If I must leave an event or activity, who can I reach out to for support or a check-in?	If I experience distress attending a social event or activity, what works best to self-soothe afterwards?