Your Recovery Plan.

(For young people who are survivors of any form of abuse)

How to keep yourself safe.

We know you have experienced other people being harmful to you. This may have been in a number of ways. 'Emotionally', people who may have been unkind, aggressive and saying hurtful things. Or 'Physically', people who may have been violent towards you. Or 'Sexually', people who may have done wrong things in private spaces to people's private places.

These experiences can continue to harm you after they have stopped. This is called PTSD which means:

- Post (after the event)
- Traumatic (the incident was shocking and frightening)
- Stress (pressure you feel that is harmful to your wellbeing)
- Disorder (all of the above have had a harmful effect that has altered your life path to be different to what it would have been had this not happened.)

This can be in a small way or a big way! Either way the best way to overcome this is to look at ways that will help you recover. This is a 'recovery plan' to help support you to make sure the harm that has been done to you in the past has stopped and you are able to move on with your life in a positive way.

Below are actions you can take that will help you.

- Keep yourself safe. The people around you, your support team want to keep you safe and protect you. That means being with them and following the rules so they can make sure you are ok. This won't be forever and eventually when the time is right, they will help you learn to be more independent and build a positive productive life for yourself.
- Engage with your support team to help them to help you.
- Be 'occupied' and involved in lots of different activities and experiences that will help you learn and develop new skills.
- Develop 'relationships' with your support team and other safe and positive friends.
- Be open to positive 'influence' from those around you. They can help you make the most of your life and make the rest of your life the best of your life.
- Be involved in your 'education', we want you to be 'inspired' to learn and be 'motivated' to get the most out of your life. This can result in you accessing 'training' and 'employment' when you are old enough and fulfil your dreams or ambitions.

There are things you shouldn't do that will help this process.

- Don't be with people who may be harmful. Keep out of their way and make sure you have your support team around you.
- Don't be influenced by others with a negative mindset.
- Don't think too much about what's gone wrong and focus on a positive future.

There are things you should always do. These are called "Values".

- Be brave
- Be kind
- Be respectful
- Be responsible
- Have integrity - always do the right thing.

Make the rest of your life the best of your life.

To help you with your "Emotional Wellbeing" use this app to guide your journey.
'Emotional Wellbeing indicator app'.

https://www.emotionalwellbeingindicator.com/