

Personal Plan - Safeguarding

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My Details

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My Action Plan

Name (Required)

First

Last

Email (Required)

Today's Date (Required)

Section 1: Targeting

How could people attempt to steal from me or exploit me?

Tip: Criminals can target you in a number of different ways.

- Face-to-face (friends and strangers)
- Over the telephone
- Online
- Door-to-door sales

Why might a criminal suggest I let them into my home?

Tip: All kinds of things can be stolen from you including physical items and digital information.

- To eat my food
- To sleep at my address
- To be able to withdraw my money
- To use my things
- To invite their friends into my home without my permission
- To get my passwords, logins or personal information such as birthday, school name or pet names

Which of these people could potentially exploit me?

Tip: Criminals aren't always obvious and sometimes people you already know can choose to exploit you.

- Family members
- People I have met before
- People I think are my friends
- People I have never met before
- Someone I am talking to on the internet
- A delivery company asking me for money

What should I do if I suspect I am being stolen from or exploited?

Tip: There are organisations that will help you.

- Tell someone I trust
- Report it to the police
- Say nothing and don't worry about it

Section 2: Hate Crime and Mate Crime

Can you recognise a hate crime? Which of these groups could become victim of a hate crime?

Tip: A hate crime is usually violence, assault or stealing targeted at a specific type of person based on their circumstances or beliefs.

- Disabled / Learning Disabled
- Transgender
- Ethnic Minorities
- Religious Groups
- LGBT+ Sexual Orientation

Which of these examples should be reported?

Tip: A hate incident is slightly different to a hate crime. It involves discrimination but without a criminal element.

- Someone pushed me over because I am disabled
- I wasn't given the job I applied for because I turned up late for the interview
- Someone at the bus stop shouted insults about my sexuality
- I didn't like the person who was sitting next to me on the train
- They took my cash and cards away because of the colour of my skin

Which of these are examples of "mate" crimes?:

Tip: A mate crime is not the same as a hate crime, but can still affect you.

- Someone I see now and again wants his friends to stay at my house tonight
- My friend who takes me to the bank, keeps withdrawing my money without asking
- My second cousin comes over once a week and takes all of the food out of my fridge
- Someone I've never met hit me because I am old

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My Action Plan

What ACTION will I take to help me identify and avoid hate crime or mate crime?

Consider your answers from the previous questions then plan your personal improvements here.

I will need the following SUPPORT to achieve my goals:

Enter details of WHO can provide support, WHAT support needs to be provided and WHEN progress should next be reviewed. If you do not require further support, enter NONE.



Please continue on a separate sheet if you need to add more information. Thurrock Lifestyle Solutions CIC will review completed forms to provide relevant approved support. The information provided should not contain sensitive personal data such as your address, telephone number or bank details.