

This 45 to 60 minute module introduces an overview of personal safety, describing factors that are important for maintaining safety before, during, and after home visits. This module also illuminates self-care techniques and a program's responsibilities to ensuring the personal safety of family support professionals.

Ongoing:

View the Professional Development Program and each training module as an investment in skills and knowledge to help improve family support professional effectiveness.

Before the training:

- Learner and support person review course objectives and family support professional competencies

During the training, the learner:

- Rates knowledge of learning objectives
- Completes activities
- Reflects on own response
- Identifies questions and concerns
- Prints responses to share with support person
- Completes post-training evaluation

After the training, the learner:

- Develops an action plan for applying skills and knowledge in daily practice
- Explores information on Resource Guide
- Meets with support person to:
 - Review pre- and post-training activities
 - Discuss reflections, questions, and concerns
 - Review action plan for applying skills and knowledge in daily practice
 - Assess personal learning goals, transfer of learning, and action plan over time

Note to Learner:

The Institute for the Advancement of Family Support Professionals (IAFSP) encourages you to complete the training and activities with the support of your supervisor, a peer or a technical assistance consultant. The notes below will guide you in preparing to take the training, following up with your support person after the training and supporting transfer of learning into daily practice

National Family Support Competencies Addressed:

DOMAIN 5: Family Health, Safety, and Nutrition

Dimension 19: Physical Health

Component C: Substance Use

Dimension 21: Intimate Partner Violence

Component A: Recognizing intimate partner violence

DOMAIN 10: Professional Practice

Dimension 37: Professional Boundaries

Component A: Individual well-being & self-care

Component D: Personal Safety

Action Plan: Each learner’s plan will be unique. To get you started, some ideas are listed below. *As a result of this training, I will...*

- Review de-escalation and self-defense techniques to use if a unique situation occurs and consider practicing some with my supervisor and peers.
- Review my agency’s safety policies and procedures with my supervisors and peers.
- Think about my daily routine before, during, and after a home visit from a “personal safety” perspective. Should I make changes in my daily routine to ensure that I am maintaining personal safety and self-care?
- Bring any concerns about personal safety to my supervisor for guidance.

My Action Plan

Action	Target Date	Date Completed