

Safe Day Trips, My Way

A friendly, flexible guide for autistic children
and the grown-ups who support them



PLAN TOGETHER

My needs matter

STAY CLOSE

My needs matter

PAUSE OR LEAVE

My needs matter

This guide is for you.

You can look at it, draw, point or ask someone to read with you. You can skip any part. Your grown-up is responsible for keeping you safe. You can ask questions, ask for a break or tell them when you are finished.

Before we go

Knowing what to expect can help a day out feel easier.



Make a simple plan together

Show me where we are going, how we will get there, who is coming and what happens first, next and last. Use photos, a map or picture cards if those help me.

Pack what helps me

I might bring a drink, weather clothes, ear defenders, sunglasses, a comfort item, a safe snack, medication I need or something to fidget with.

Plan for changes

Tell me what could change. Agree what we can do if the bus is late, it rains, the place is busy or I need to go home early.

What do I want to know before we leave?

- | | |
|--|---|
| ☐ Where are we going? | ☐ How long might we stay? |
| ☐ Who will be with me? | ☐ Where can we take a break? |
| ☐ How will we get home? | ☐ What is our leaving plan? |

Something I want my grown-up to know:

MY PLAN

My day-trip plan

Fill it in together, draw it or add pictures.

I get to know the plan too

My grown-up can explain the plan in short steps and listen to my ideas. It is okay to change the plan when something feels different.

We are going to:

I am going with:

We will travel by:

We can go home when:

My day in four steps

FIRST

Get ready

NEXT

Travel there

THEN

Explore together

LAST

Go home and rest

Our meeting / help place is:

Grown-up job

My grown-up keeps important phone numbers, tickets, medicine and the travel plan. I do not have to remember everything or keep my grown-up safe.

If I cannot see my grown-up, I can:

Staying together

My grown-up stays close and helps me with road and travel safety.



At roads and car parks

I stop with my grown-up at the edge. My grown-up checks when it is safe to cross and tells me what to do. I can hold hands or use our agreed safety plan.

On buses or trains

Wait with my grown-up. We decide where to sit and where to get off. My grown-up helps me get on and off safely.

On paths or in crowds

We agree how close to stay. My grown-up is responsible for staying with me and helping me move safely.

My travel safety plan

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|--|--|
| ☐ Stay beside my grown-up | ☐ Wait together before crossing |
| ☐ Use my agreed hand / walking plan | ☐ Tell my grown-up before I move away |
| ☐ Wait together for transport | ☐ Ask for help if I feel unsure |

Places that need extra care

My grown-up tells me the safety rule before we go near roads, water, animals, heights or other places that need extra care. I can stop and ask what to do.

At the place we visit

Every place is different. We can notice what matters before we start.

First, find our safe places

Together, we can notice the entrance, a help desk, a quiet place, toilets and the place where we will meet if we cannot see each other.

What do we need to plan for today?

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|--|--|
| ☐ Roads or car parks | ☐ Water or steep edges |
| ☐ Animals or play areas | ☐ Crowds or queues |
| ☐ Toilets and changing | ☐ Weather or tired legs |
| ☐ Getting food or a drink | ☐ How and when we leave |

My grown-up is in charge of safety

My grown-up stays with me and handles tickets, directions and hazards. I can enjoy the trip without being responsible for the group.

What could help me feel comfortable?

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|--|--|
| ☐ A picture plan | ☐ Ear defenders or sunglasses |
| ☐ A quieter route | ☐ A regular check-in |
| ☐ A short visit | ☐ A different activity |
| ☐ A place to sit | ☐ Going home early |

Our agreed break place:

One safety rule for this place:

If I cannot see my grown-up

I can use this plan. It is okay to need help.



1 STOP

Stop in a safe public place. Do not run into a road or leave the venue by yourself.

2 SHOW MY HELP CARD

Show my help card to a venue worker at the help desk or ticket area. If we agreed a meeting place, venue staff can help me get there.

3 STAY WITH SAFE HELP

Tell or show the worker my grown-up's name. Stay with the worker at the help desk while they help us find each other.

My grown-up will do this too

My grown-up will come back to our agreed meeting place and ask the venue staff for help. I am not in trouble. We will find each other.

The help place we chose:

If I need a break

I can tell my grown-up when my body or brain needs a change.



My signal can be words or actions

I can say or show PAUSE, HELP or FINISHED. I can point to a picture, use AAC, gesture, move away with my grown-up or communicate in another way.

When I notice I need a change, I can choose:

- | | |
|--|--|
| ☐ A quiet place | ☐ Ear defenders or sunglasses |
| ☐ A drink or safe snack | ☐ A shorter visit |
| ☐ A different activity | ☐ To go home now |

Helpful grown-up words

We can pause. Would you like the quiet place or to go home? You can show me. Then wait and give me time.

Please remember

Do not make me stay to prove I can cope. Reduce talking, help me move somewhere safe and respect my signal. Resting or leaving is a good plan too.

My safety card

Fill in only the details that are useful for our day out.

My grown-up keeps the important details

An adult can keep my contact details and any health information we need. We can choose whether I carry a small card too.

My grown-up / trusted adult:

Grown-up phone number (adult fills this in):

Our meeting place:

My help signal or card:

What helps me feel safe:

After the trip

We can rest before talking about the day. Later, we can notice what helped and change the plan for next time. We do not have to do everything in one visit.

One thing I want to remember for next time:

A safe day out is one where the child is supported, listened to and kept close by a responsible adult.