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TRANSITIONAL SAFEGUARDING

Staying safe on the journey to adulthood

Growing older should not mean losing support.

FREE GUIDE | AGES 16-25

For young people, families and trusted supporters



Support should not stop at 18

Transitional safeguarding means helping young people stay safer as they move towards adulthood. Abuse, pressure or exploitation can continue after your 18th birthday.

WHAT CHANGES AT 18?

Children's and adults' services work under different rules. Some eligibility and responsibilities change, but concerns should still be taken seriously and support needs explored.

A REAL-LIFE EXAMPLE

A young person is preparing to move into their own flat. Someone has started pressuring them to lend money and let strangers stay over. Their worker listens, checks immediate safety, records and shares concerns appropriately, and helps agree a plan with the young person and relevant services.

Plan early. Know who will help, how to ask for support and what to do if you feel unsafe.

Know the signs.
Trust your concerns.

1

Exploitation

Someone pressures you to carry items, commit crimes or do sexual things.

2

Control and coercion

Someone threatens, isolates or frightens you, or stops you saying no.

3

Money and housing

Someone takes your money, bank card or uses your home without permission.

4

Online pressure

Someone demands images, passwords, secrets or unsafe meetings.

Warning signs are reasons to ask questions and seek help - not proof of wrongdoing.

Small steps. A safer future.

1 YOUR HOME

Know who can visit, how to report feeling unsafe and where to find urgent help.

2 YOUR PEOPLE

Choose people you trust. Tell someone if you feel unheard or need a different worker.

3 YOUR ONLINE LIFE

Keep passwords private. Ask for help with threats, pressure or blackmail.

4 YOUR NEXT STEP

Before moving or turning 18, ask about plans for housing, health and support.

If something feels wrong, tell someone you trust. You deserve to be heard.

You deserve to be heard.

You can ask for help, even if you are unsure which service should respond.

IMMEDIATE DANGER

Call 999. If it is not an emergency, you can call police on 101.

IF YOU ARE UNDER 18

Tell a trusted adult, social worker, provider safeguarding lead or local authority children's services.

IF YOU ARE 18 OR OVER

Tell your support worker, local council adult safeguarding team or police. Other support can still be available.

WHAT IF YOU HAVE TOLD SOMEONE AND NOTHING CHANGES?

Speak to another trusted person or ask for a manager, advocate or council safeguarding team. If the danger is immediate, call 999. Keep asking for help - your concerns matter.

Use the Personal Safety Plan on page 7 to decide who you will contact and how.

Supporting safer transitions

A conversation guide, not a substitute for safeguarding assessment, referral, local procedures or professional judgement. If there is immediate danger, act without delay.

KEY PRACTICE POINTS

For 16- and 17-year-olds, follow children's safeguarding and supported accommodation requirements where applicable. For adults, the Care Act section 42 test is specific; other support and responses may still be needed if it is not met. Check individual care-leaver entitlements and information-sharing duties.

OFFICIAL GUIDANCE | Click any title to open

- **Working Together to Safeguard Children 2026**
- **Information sharing to safeguard children (2026)**
- **Supported accommodation regulations - DfE guide**
- **Ofsted supported accommodation SCCIF (April 2026)**
- **Care Act 2014, section 42 (current text)**

Transitional safeguarding is an approach, not a separate Act. Before operational use, have this guidance checked against your local safeguarding pathways and reviewed by a competent professional.

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MY PERSONAL SAFETY PLAN

This is my plan. I can ask someone I trust to help. I can choose what to share, except when information needs to be passed on to help keep someone safe.

1. PEOPLE I TRUST

Who can I talk to?

2. PLACES I FEEL SAFE

Where can I go?

3. MY WARNING SIGNS

What tells me something may be wrong?

4. MY NEXT ACTION

Who will I contact, and how will I contact them?

HOW I PREFER TO ASK FOR HELP

For example: talking, writing, texting, pictures or someone supporting me.

Date completed: _____ **Review date:** _____

In immediate danger call 999.