# A picture containing drawing Description automatically generatedA picture containing drawing Description automatically generated

# MY SAFETY PLAN

**Feeling safe means:**

* I know that someone will take care of me.
* I know what is expected of me.
* I have an idea of what will probably happen next.
* I am not worried that I or someone else might get hurt.
* I don’t feel scared.

**If I feel sad, upset or scared about fighting, I can call someone.**

**Safe people I can talk to when I don’t feel safe:**

1.Phone:

 2. Phone:

3. Phone:

4. Phone:

**Where can I go when I don’t feel safe at home?**

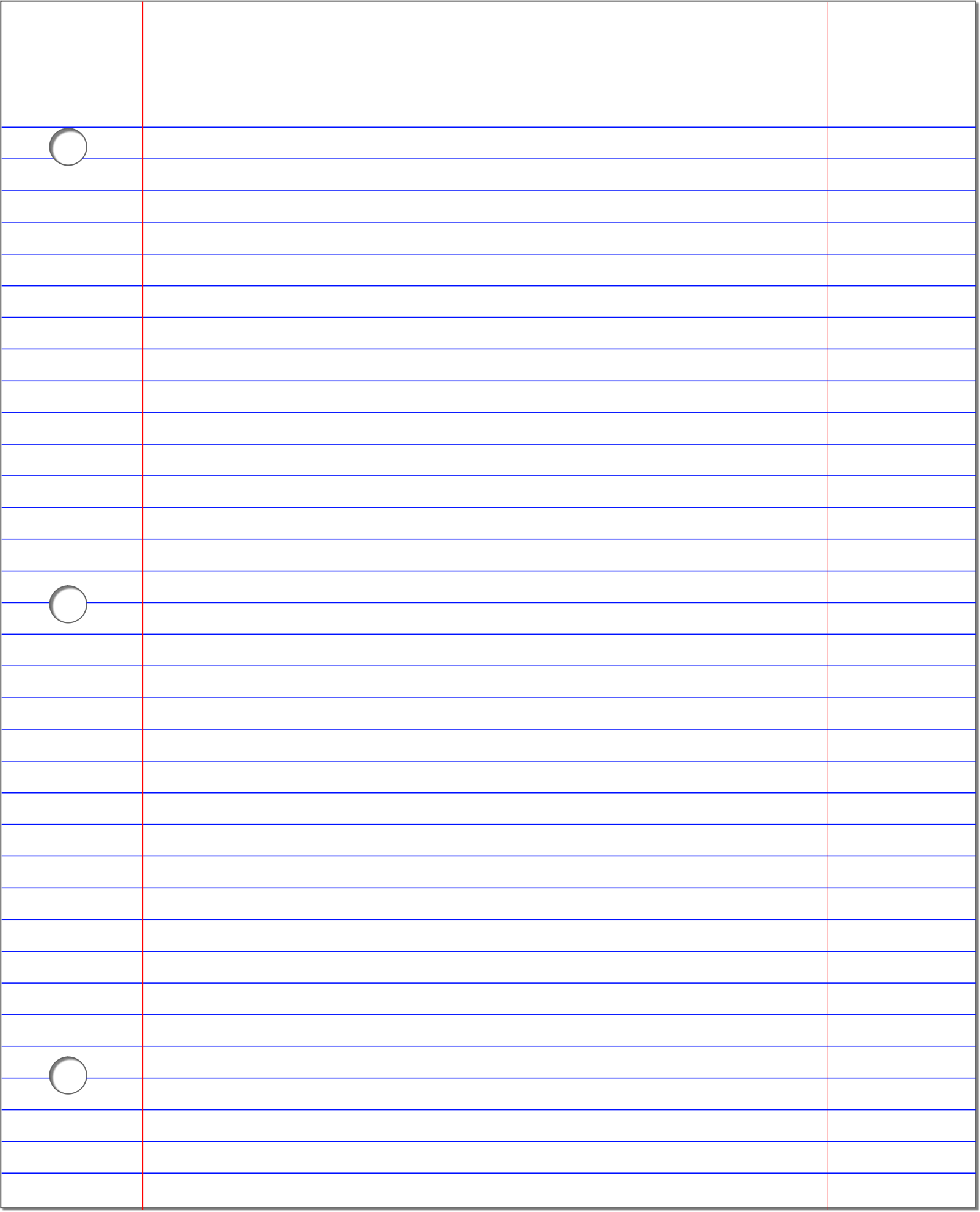
A safe place has more than one way out.

A safe place does not have things that can be used as weapons.

**Safe places in my home are:**



**Safe places near my home are:**



**I will have a code word with my family to keep us safe.**

**My family’s special code word will be:**

**I should NOT try to stop a fight because:**

**When I am afraid of someone getting hurt, I can call 911.**

 **When I call 911, I will:**

* Describe what is happening.
* Tell my address. My address is
* Tell my phone number. My phone number is
* Stay on the phone to answer questions.

**If we must leave my home quickly, I will take with me:**

## Single red heart outline vector illustration on white background. St Valentine Day clipart. Chalk texture heart frame

## REMEMBER:

* We all have the right to feel safe all of the time.
* Others have the right to feel safe with us.
* We can talk about anything with someone we trust, no matter how awful or small.
* When adults fight, kids are not at fault.
* Kids should not try to stop fights between adults.