

My Very Own Safety Plan

My Name: _____

My Address: _____ City: _____,
State: _____ Zip: _____

My Birthday is: _____

My Telephone number: (____)- _____ - _____

My parent's names are:

Mom's name: _____

Mom's work number: _____

Dad's name: _____

Dad's work number: _____

Safety During Violence:

People cannot always keep away from people who are violent. Domestic violence happens when someone really scares people in my family by yelling when angry, breaks our furniture, doors, windows, puts holes in the walls, or hits, kicks, pushes, twists an arm, or chokes some one I love. Domestic violence can happen at my home or to someone in my family (mom, dad, brother, sister or me). I can use my mind, my listening ears, and my eyes to make good choices to protect myself from danger.

I can help myself stay safe step by step:

Step 1. When the yelling starts I can go to a safe room in the house that has windows or doors to the outside. I will not go to the kitchen, bathroom or where any weapons are kept. The safest room is _____. I can go out the _____ as a way to escape when someone in my family needs help or to get away from the person who is violent.

Step 2. If I have to leave my house, I can call or go tell someone I trust what has happened. My stay-safe helpers are:

- Neighbor: _____
Phone number: _____
- Friend's parents: _____
Phone number: _____
- Teacher: _____
Phone number: _____
- Relative: _____
Phone number: _____
- Police number: dial 911

Step 3. I can use a secret code word and give it to my stay-safe helpers. My secret code word warns my stay-safe helpers to call the police or to help me get to a safe place.
My code word is: _____.

Step 4. I can go to the nearest safe place. My safe place is

Step 5. I can take with me my treasure box or back pack. Some kids put the their safety plan with their helpers names, addresses, phone numbers, money for phone calls, small note pad and pencil, a charged cell phone to only call 911 on, a family picture, and their favorite thing or toy in their treasure box or back pack.
In my treasure box or backpack I have: _____

I know what to do because I went through my safety plan step by step.

I practiced my safety plan on this day _____.