

My Safety Plan



Who are supportive/safe people I can talk to, especially if I'm scared or not sure? And, where can I find them?
(At home, at school, etc)

Where can I go that is safe? Where is it not safe for me?



Who am I allowed to go with? Who shouldn't I go with?



Does my safe person have a safety code word? What is it?

Calling 911

When I call 911 the person will say "Police, Fire, Ambulance"

I say "Police"

My name is _____

My location is _____

"I need help" and "Someone is hurting my Mom/Dad/me."

DON'T HANG UP THE PHONE



Remember



- My only job is to stay safe
- I should never try to protect my parent
- Run to safety – even without my parent
- This is not my fault
- Violence is never right
- If I am not sure or am scared, I can talk to my safe people.
- I can contact **Kids Help Phone** at **1-800-668-6868** (phone) or Text **CONNECT** to **686868**