

My Safety Plan

If I feel unsafe and need help, I will: _____

I will find someone to talk to that I can trust. This person is: _____

I can use a 'code' word to signal my children to find their identified 'safe place.'

This word will be: _____

In my community, I can contact: _____

I can teach my children to:

If there was an emergency, where I would need to leave my home, I can prepare a

'safe bundle', in it I would have:

Keeping ourselves safe is important. We have the right to be able to live free from any type of abuse, so do our children. At times, we may find ourselves in situations that are not safe and there may be a moment of confusion, where we may not know what to do.

If we have a safety plan in place for ourselves, it may help us make healthy decisions when in a difficult situation.