



# SAFETY PLAN

## Our Plan for Safety, Stability, and Well-being

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### TRIGGERS

These are the situations or experiences that make me feel upset, stressed, or unsafe:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### WARNING SIGNS

These are signs (such as thoughts, feelings, behaviors, or things happening around me) when things are starting to become unsafe or escalate into a crisis:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### COPING STRATEGIES

These are things I can do to calm down, alleviate stress, distract myself from the problem, and make myself feel better (such as drawing, breathing techniques, listening to music, etc.):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### SAFE PLACES

If I don't feel safe where I am, I can go to one of these safe places:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### TRUSTED ADULTS

These are trusted adults who I can call to ask for help. They can help keep me safe.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



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### IMPORTANT NUMBERS



I can call one of these numbers to ask for help if I feel unsafe or am a victim of any type of abuse, neglect, or maltreatment. If I am in immediate danger, I should call 911.

- 911 (for any emergency)**
- Suicide and Crisis Lifeline: 988
- Child Abuse Hotline: 1-800-422-4453
- Domestic Violence Hotline: 1-800-799-7233
- National Human Trafficking Hotline: 1-888-373-7888
- Nearest Hospital \_\_\_\_\_
- Attorney: \_\_\_\_\_
- Case Worker: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### YOUTH'S COMMITMENT

- I know I can trust my judgment. If a situation or individual makes me feel uncomfortable, I will leave the situation and tell an adult I trust.
- It's important to keep my personal information, including my address, telephone number, and current location, private.
- I will be cautious about what I post on social media, including WhatsApp, Facebook, Instagram, TikTok, and Snapchat. I am aware that cell phone and social media posts, including photos, could reveal my location.
- I know my rights as a child/youth in the United States. These include:
  - **To live in a safe environment.**
  - **To have parents or caregivers who take care of me.**
  - **To receive meals three times a day, dress in clean clothes, and have a roof over my head.**
  - **To have privacy when I need it.**
  - **To go to school in a safe environment, where I'm treated equally to peers.**
  - **To be disciplined without the use of intimidation or violence.**
  - **To be included regardless of my race, religion, or mental or physical ability.**
  - **To live free from physical, verbal, or emotional abuse.**
  - **To live free from sexual abuse, harassment, or exploitation in any form.**
- \_\_\_\_\_
- \_\_\_\_\_



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### RESPONSIBLE ADULT'S COMMITMENT

As the adult responsible for the youth, I will do the following to ensure they are safe:

- Provide for the youth's basic needs & promote healthy habits: food, clothing, school, medical care, etc.
- Ensure adequate supervision based on the youth's age and individual needs. Our supervision plan is as follows: \_\_\_\_\_  
\_\_\_\_\_
- Establish consistent rules and expectations for the youth in the home. In our house, the rules are: \_\_\_\_\_  
\_\_\_\_\_
- Support the youth in learning age-appropriate behavior without the use of intimidation or violence. Our behavior plan will include: \_\_\_\_\_  
\_\_\_\_\_
- Support the youth's participation in positive activities, such as: \_\_\_\_\_  
\_\_\_\_\_
- This is our family's code word if the youth needs to alert me to an unsafe situation or safety concern: \_\_\_\_\_
- If I am feeling overwhelmed or frustrated, I will take the following steps to calm down before reacting: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

I have participated in the development of the above Safety Plan:



\_\_\_\_\_  
Youth's Name

\_\_\_\_\_  
Youth's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Responsible Adult's Name

\_\_\_\_\_  
Responsible Adult's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Case Worker's Name

\_\_\_\_\_  
Case Worker's Signature

\_\_\_\_\_  
Date



**Keep this plan in a safe place.**



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