



SAFETY PLAN

Our Plan for Safety, Stability, and Well-being

Name: _____

Date: _____

Draw yourself when you feel safe:



Draw yourself when you feel afraid or unsafe:





SAFETY PLAN

Our Plan for Safety, Stability, and Well-being



YOUR HOME INFORMATION

What is your phone number and address? Practice writing your phone number and address (ages 6+).

 Caregiver's Phone Number: _____

 Home Address: _____



SAFE PLACES

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



SAFE ADULTS

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

 Name: _____  Number: _____

 Name: _____  Number: _____

 Name: _____  Number: _____





SAFETY PLAN

Our Plan for Safety, Stability, and Well-being



IMPORTANT NUMBERS

I can call one of these numbers to ask for help if I feel unsafe or if I am in danger.

911 (for any emergency)

Write or draw other ideas for staying safe:





SAFETY PLAN

Our Plan for Safety, Stability, and Well-being



MY SAFETY STEPS

- If something makes me feel yucky or unsafe, I can walk away and tell a grown-up I trust.
- I don't share my home address or phone number with strangers.
- I will ask a grown-up before I share pictures or messages on a phone or computer.
- I know my rights as a child in the United States. These include:



I have the right to feel safe.



I have grown-ups who take care of me.



I have food to eat, clothes to wear, and a place to sleep.



I can have quiet time when I need it.



I can go to school where I am able to learn, and everyone is treated fairly.



Grown-ups should never scare or hurt me on purpose.



I am included no matter what I look like, what I believe, or what my body or mind can do.



No one is allowed to touch my private areas.





SAFETY PLAN

Our Plan for Safety, Stability, and Well-being



RESPONSIBLE ADULT'S SAFETY STEPS

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

- Provide for the child's basic needs and promote healthy habits: food, clothing, school, medical care, etc.
- Ensure adequate supervision based on the child's age and individual needs. Our supervision plan is as follows: _____

- Establish consistent rules and expectations for the child in the home. In our house, the rules are: _____

- Support the child in learning age-appropriate behavior without the use of intimidation or violence. Our behavior plan will include: _____

- Support the child's participation in positive activities, such as: _____

- This is our family's code word if the child 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:



_____ 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.



refugee-youth.org

