



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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