

A Youth Safety Plan

My Own Safety Plan

When I am scared that I or someone will be hurt, I can call 911 for the police to help me. I can also go to a neighbor's house or to a pay phone to call the police (911). Let the police know where you are at and give them the address.

My **code word**, a "word" that my family and I talked about that means to get help or leave the house is: _____.

If you cannot or do not want to call 911 for the police, you can tell a: (neighbor, friend, relative or teacher) _____ what happened.

These are the safe ways to get out of my house: (back door, bedroom window, stairs) _____.

When I am scared or confused, I can go to a: (neighbor's house, friend's house, relative's house) _____.

When I am feeling sad or afraid I can talk to a: (teacher, friend or adult that I trust) _____.

My Important Phone Numbers

My phone number: _____

The police phone number: _____

A neighbor, friend or relative's number: _____

**Keep your safety plan in a nearby hiding place and
Always Remember - Your job is to stay safe**