

_____ 's Personal Safety Plan

In any situation that I feel uncomfortable, unsure or unsafe:

I will :

Ask myself, Is this safe?
Say words that mean "NO!" or use my body to say "NO!"
Get to a trusted adult and tell them what happened.

★ IF I AM IN

AN

Things I Can Do to Calm Myself Down (Hobbies, Games, Rest)

1. _____
2. _____
3. _____

EMERGENCY SITUATION OR AM IN A DANGEROUS SITUATION, I CAN CALL 911 IF I CANNOT FIND A TRUSTED ADULT TO HELP ME.

★

Safe Places I Can Go When I Feel Unsafe or Uncomfortable (Bedroom, Classroom, Backyard)

1. _____
2. _____
3. _____

★