

My name is:

.....

and this is **My Safety Plan**

If there are angry actions or words in my house

**I can't stop it**  
**but**

**This is what I can do:**



**1 GET OUT OF THE WAY!**

**2 Find a safe place**

In my house this is:

.....  
.....  
.....

**3 If it is SAFE,  
phone the police**

**Dial 999**

Say my name is:

.....

Say my address is:

.....

Say what is happening:

.....

.....



**4**

I can also get help from:

.....



**6**

If I am hurt I will tell:

.....

**5**

Later I can talk to:

.....



**7**

It is ok to feel:

.....

**8**

The people who know about this plan are:

**Me**

**family**

**others**

Name: .....

date: .....