

## SA FETY PLA N

Why do I need a safety plan? Good question.

Have you ever been in an uncomfortable situation ~ a totally not cool situation? Many of us have. Sometimes things work out just fine. Sometimes they don't. It's a good idea to think about ways you can keep yourself safe. We suggest taking the "Teen Sa fety Pl a n" test. Encourage your friends to think about making safety plans, too!

When feeling unsafe with my date, I will call:

- 1.
- 2.
- 3.

When feeling unsafe at school, I will tell:

- 1.
- 2.
- 3.

I believe the following places are safe places to go if I am afraid or in trouble:

- 1.
- 2.
- 3.

I believe the following people are "safe" adults in my life:

- 1.
- 2.
- 3.

If my date and I argue, I will: (Who could help you? In what rooms in your home would you feel safe? Where are there accessible phones?)

I will use \_\_\_\_\_ as a code word with my family, friends or other trusted adults so they can help me in a dangerous situation.

I will give a copy of this safety plan to: