

CREATE YOUR OWN SAFETY PLAN

FILL IN THE BOXES WITH PEOPLE/PLACES, AND THINGS YOU CAN DO WHEN YOU NEED TO KEEP YOURSELF SAFE.

PLACES THAT I CAN GO TO FEEL SAFE

THINGS I CAN DO TO FEEL SAFE

MY
SAFETY
PLAN

THINGS THAT I CAN SAY TO FEEL
SAFE

PEOPLE I CAN TALK TO THAT MAKE
ME FEEL SAFE