

## Safety Plan

### People I can call or message to help me

Relationship	Phone Number

### Staying Safe at School

Question	Answer
The Safest way for me to get to and from school is:	
If I need to leave the school in an emergency, I can get home safely through	
I can make sure that a friend can walk with me from one class to another. I will ask	
I will have lunch and spend recess periods in an area where there are school personnel or nearby teachers. These are some areas of the school where I feel safe,	
I can tell this family member what is happening in my relationship.	

### Staying Safe at Home

Question	Answer
I can tell this family member about what is going on in my relationship:	
There may be times when no one else is home. During those moments, I can make people stay with me. I will ask:	

The safest way to get out of my house in an emergency is	
I will use a keyword to alert my family, friends and neighbors to ask for help if my abusive partner knows. My keyword is	

### Staying Safe Emotionally

Question	Answer
My abusive partner often tries to make me feel bad about myself by saying or doing this	
When he / she does this, I will think about these reasons why I know that my abuser is wrong:	
If I have to leave in an emergency, I should try to go to a place that is public, safe and unknown to my abusive partner. I could go to:	
I will do things that I enjoy, like	
I will join clubs or organizations that interest me, such as	