

MY VERY OWN SAFETY PLAN

When I get scared I can go to:

When I am feeling afraid I can talk to:

These are the safe exits from my house:

In an emergency I can:

My Important Phone Numbers

My phone number: _____

The police: _____

A neighbor, friend or relative's number: _____

Tips For Safety Planning With Children

Children require a safe environment in which to live. When their home life is a battleground involving adults who live there, it can be traumatic and possibly dangerous. As the non-violent caregiver, you need to develop a safety and escape plan with your children and practice it regularly.

- Tell children that it is not their fault that violence occurs in the home.
- Tell children that they are to stay out of a fight. Getting involved could get them injured.
- Help identify safe places in the home where children can go to if conflict arises. This “safe space” should be, if possible, on ground level so the children can leave through a window if it becomes necessary. Keep away from kitchens, rooms with weapons or rooms that have no windows or other alternative exits.
- Teach children to dial 911 and practice dialogue that explains what might be happening; “Someone is hurting my mommy/brother/sister/etc.” Explain to them that they should stay on the phone with the emergency operator until help arrives and to not hang up the phone. It’s also important to tell them that they can take the phone into a closet or their “safe space” to make the call.
- Teach children their home address and phone number.
- Come up with a code word that alerts the children to go immediately to the safe space/room. Have an additional code word that alerts the children to immediately leave the home and run to a pre-arranged neighbor , friend, corner store, etc.

