

How To Create a Safety Plan:

1. Identify the potentially dangerous behavior
2. Determine 1-5 simple steps to prevent the behavior
3. Write those steps down in clear, concise, easy to understand language.
4. Keep a copy handy (post in a common room, put on a note card that you and the child can keep in a pocket, keep a folder in an easily accessible drawer)

Examples Of Safety Plans:

Example #1: Family Expectations

1. I keep myself and others safe
2. I respect other people's personal property
3. I respect other people's bodies
4. I respect other people's hearts

Example #2: General Safety

1. With permission and adult supervision
 - a. Example: "Am I allowed to ride my bike?"
 - b. Example: "Am I allowed to climb a tree?"
 - c. Example: "Am I allowed to start a campfire?"

Example #3: Computer Safety

1. Computers stay in common areas
2. We only communicate with people online with adult permission and supervision
3. Caregivers have access to all logins and passwords.

Example #4 Body Safety

1. We keep our hands and feet to ourselves
2. No one has permission to touch or look at your private parts / You do not have permission to touch or look at anyone's private parts.
 - a. Lips
 - b. Vagina

- c. Penis
- d. Nipples
- e. bottom
3. We dress in private.
4. When playing, we stay where a trusted adult can see us

Example #5 Self-Harm

1. Lock sharps
2. Lock medication
3. Identify warning signs of intent to harm
4. Call for support (therapist, mentor, trusted friend)
5. Call for help (crisis line, 911)

Example #6 Damaging Property

1. We respect property
2. We keep hands and feet to self
3. Identify the feelings that lead to aggression
4. Use a coping skill
5. Call for help (crisis line, police, therapist, mentor, friend)

Example #7 Verbal Aggression

1. We respect one another's feelings
2. We use respectful words
3. If mean words are being said, other children will leave the room and go to a safe place if possible
4. When I'm about to say something mean, violent, aggressive, threatening, I will use a coping skill
5. If I have said something hurtful I will make amends

Example #8 Physical Aggression

1. We respect other people
2. We keep hands and feet to ourselves
3. If physical hurt (or threats of physical hurts) are happening, other children will leave the room and go to a safe place if possible.
4. When I'm (child) about to do something hurtful I will use a coping skill.

5. If I (child) have hurt someone I will make amends.
6. If a coping skill isn't working, call for help (mentor, therapist, crisis line, police) also, call for help keeping the other children safe if necessary.