

# Protection Plan

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

**Feeling safe means:**

- I know that someone will take care of me.
- I know what is expected of me.
- I have an idea about what will probably happen next.
- I am not worried that I or someone else will get hurt.
- I don't feel scared.
- I feel ok.

**I can tell a situation is unsafe because:**

**I can tell there might be violence and someone might get hurt because:**

**I can feel safe during these time by:**

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- A safe place has more than one way out.
  - A safe place does not have things that can used as weapons.

**I can go to these place to be safe:**

- **In my home:**

**I can get out of the house this way if there is danger:**

- **In my neighborhood:**

**Will I be responsible for helping any brothers or sisters if there is danger?** \_\_\_\_\_ Yes \_\_\_\_\_ No

**If yes, what will I do?**

**Will any brothers or sisters be responsible for helping me if there is danger?** \_\_\_\_\_ Yes \_\_\_\_\_ No

**If yes, what should I do?**

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**My family uses a code word if things are unsafe. The code word is:**

**It means:**

**I can call these safe people if I feel unsafe in my home:**

1. \_\_\_\_\_ Phone: \_\_\_\_\_ Knows Code Word? \_\_\_\_\_
2. \_\_\_\_\_ Phone: \_\_\_\_\_ Knows Code Word? \_\_\_\_\_
3. \_\_\_\_\_ Phone: \_\_\_\_\_ Knows Code Word? \_\_\_\_\_
4. \_\_\_\_\_ Phone: \_\_\_\_\_ Knows Code Word? \_\_\_\_\_
5. \_\_\_\_\_ Phone: \_\_\_\_\_ Knows Code Word? \_\_\_\_\_

**The phones in my house are located here:**

**On the call I can say:**

**When I am afraid of getting hurt, I will call 911. Here's what I will tell them:**

- What is happening right now.
- My address: \_\_\_\_\_
- My phone number: \_\_\_\_\_
- Then I will stay on the phone to answer questions.

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**I should NOT try to stop a fight because:**

**I can talk to these people when I am feeling sad or scared or angry:**

***REMEMBER:***

- We all have the right to feel safe all the time.
- Others have the right to feel safe with us.
- We can talk about anything with someone we trust, no matter how awful or small.
- When adults fight, kids are not at fault.
- Kids should not try to stop fights between adults.

**IT IS YOUR RIGHT TO BE SAFE!**