



MY PERSONAL SAFETY PLAN

Every child deserves to be safe--it's important to think about different ways to stay safe and people you can talk to if you ever have a problem. Please talk through this paper with your family and add in your safe ideas before you sign!

- ◆ Before I go somewhere or change my plans, I always check with someone in my family or with the person in charge. I let them know where I'm going, how I will get there, who is going with me and when I'll be back.
- ◆ I trust my feelings and can talk to someone I trust about problems that are too big for me to handle on my own.
- ◆ I am in charge of my body. No one has the right to touch at or look at my private parts unless they are keeping me healthy. I can say yes or no to any touch.
- ◆ If someone tries to touch me or makes me feel frightened, uncomfortable, or confused, I will tell them to stop, go to a safe place, and tell someone I trust what happened.
- ◆ I know it's not my fault if someone touches me or treats me in a way that is not right. I know that surprises are the only safe secrets to keep. Any other secrets, especially about touches, actions, or words that make me uncomfortable, I should tell to an adult I trust.
- ◆ It's never too late to ask for help. I should keep asking until I get the help I need.
- ◆ Here are three safe people I can talk to and three safe places I can go to:



- ◆ I am a special person. I DESERVE TO FEEL SAFE!

My Signature

Parent/Family Signature

Date