

Safety Plan

This plan will help you stay safe at school, at home, in the community and online.

I deserve healthy relationships. When I am feeling angry, sad or frustrated, I will remember:

I like these things about myself:

I will do activities that I enjoy:

I will spend time with people who make me feel safe and happy:

When I do not feel safe, I can talk to or call these people:

People I Trust

Name: _____ Phone #: _____

Name: _____ Phone #: _____

Name: _____ Phone #: _____

Name: _____ Phone #: _____

Name: _____ Phone #: _____

Name: Kids Help Phone Phone #: 1-800-668-6868

Text CONNECT to 686868

kidshelpphone.ca

Text: 686868 _____ Physical Safety

I feel safe in these places at school:

Safety Plan

I can ask my friends _____ and/or _____

to walk home with me or to go to their house.

When I am out:

When I do not feel safe:

- I will keep important phone numbers with me at all times.
- I will call _____ if I feel unsafe.
- No matter where I go, I will know how to leave safely in case of emergency.
- I will leave if I feel uncomfortable in a situation, no matter what my friends are doing.
- If I see a friend who is in trouble I will step in, stand up, and offer to help. If the situation is becoming dangerous, I will call an adult.

Online Safety

To stay safe online:

- I will set my online profiles as private.
- I will not share my passwords with anyone.
- I will not use a webcam with people I do not know or trust.
- I will not share hurtful messages or photos of other people. I will delete them.
- If someone is mean to me online, I will save the message or take a screenshot.

Community Resources

If I need help, I can talk to:

- In emergencies, call RCMP
- Kids Help Phone: 1-800-668-6868 | Text CONNECT to 686868 | kidshelpphone.ca | download the Always There app
- _____
- _____