



SAFETY PLANNING WORKSHEET

Staying Safe at Home:

I can share what is happening with my relationship with a family member I trust:

When there are times where I may be alone at home, I can ask a friend or neighbour to stay with me.
I will ask:

The safest way to leave my house in an emergency is:

Where can I go, if I have to leave in an emergency?

What is my safe word/code that I can share with my family, friends, and neighbors to call for help from an unsafe partner without them knowing about it? My code word is:

Staying Safe at School:

The safest way for me to get to and from school is:

If I need to leave school in an emergency, I can get home safely by:

To avoid being alone between my classes, I can ask my friends to walk with me. I will ask:

Lunch and free times should be spent in common areas where there are other people around me so I can be seen and heard. Here are some common areas or public spaces around school where I feel safe:

Who are some people at school I can talk to if I need help staying safe at school?