

# A Child's Own Safety Plan

When I get scared I can think about

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When I get scared I can go to:

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When I am feeling down or afraid I can talk to:

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These are the safe exits from my house:

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In an emergency I can:

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## If I need to call for help:

Dial 911

My name is \_\_\_\_\_

My phone number is: \_\_\_\_\_

I need help.

My address is \_\_\_\_\_

