

## Safety Planning With Children

The most important thing that children can do for their mothers and families is to get away from the violence. You cannot stop the abuse, even if you try to be a distraction or interfere in the situation. The best and most important thing for you to do is to keep yourself and your siblings safe.

1. My full name is \_\_\_\_\_.
2. My Address is \_\_\_\_\_.
3. My phone number is \_\_\_\_\_.
4. A code word I can use with my mom is \_\_\_\_\_. When mom says this word I know I need to keep myself safe.
5. A safe room in my house that has a door that can lock and a phone in the room is \_\_\_\_\_. I will go there with my siblings to try to stay safe.
6. The names and phone numbers of people I can trust are:
  - Emergency Number: 9-1-1 (Police, Fireman, Ambulance)
  - \_\_\_\_\_
  - \_\_\_\_\_
7. When I call the Emergency Number this is what will happen:
  - I will dial \_\_\_-\_\_\_-\_\_\_
  - The person answering the phone will say “Police, Fire, Ambulance”
  - I will say “\_\_\_\_\_”
  - Then: “My name is \_\_\_\_\_. I am \_\_\_\_\_ years old. I need help. Send the \_\_\_\_\_.”
  - Then tell the person the problem. “\_\_\_\_\_”
  - “The address here is \_\_\_\_\_”
  - “The phone number here is \_\_\_\_\_”
  - DO NOT HANG UP – If it is not safe for you to stay on the phone tell the person that and just put down the phone
8. The safest and quickest way for me and my siblings to get out of the house is \_\_\_\_\_.
9. A person that lives closest to me that I can trust is \_\_\_\_\_. I will go there when I am unable to call for help from my house. The quickest way for me to get there is \_\_\_\_\_.
10. A safe place in the house that my siblings and I can stay at until my Mom comes to get us is \_\_\_\_\_. A safe place that my siblings and I can go to until my Mom comes to get us is \_\_\_\_\_.