

My Safety Plan

Feeling Safe Means:

- I know that someone will take care of me
 - I know what is expected of me
- I have an idea about what will probably happen next
- I am not worried that I or someone else will get hurt.
 - I don't feel scared.
 - I feel ok. I feel good.

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Safe Places

When there is trouble, I can call someone.

List the places in your home or near-by where there are phones:

- _____
- _____
- _____

Safe places near my home are:

- _____
- _____
- _____

- How can I get out of the house if there is danger?
- How can I get away if someone is making me feel unsafe?
- How can I get away if someone is making me feel uncomfortable?
- Write down some other plans my family uses to stay safe:
- Write down some other plans my school or daycare uses to stay safe:

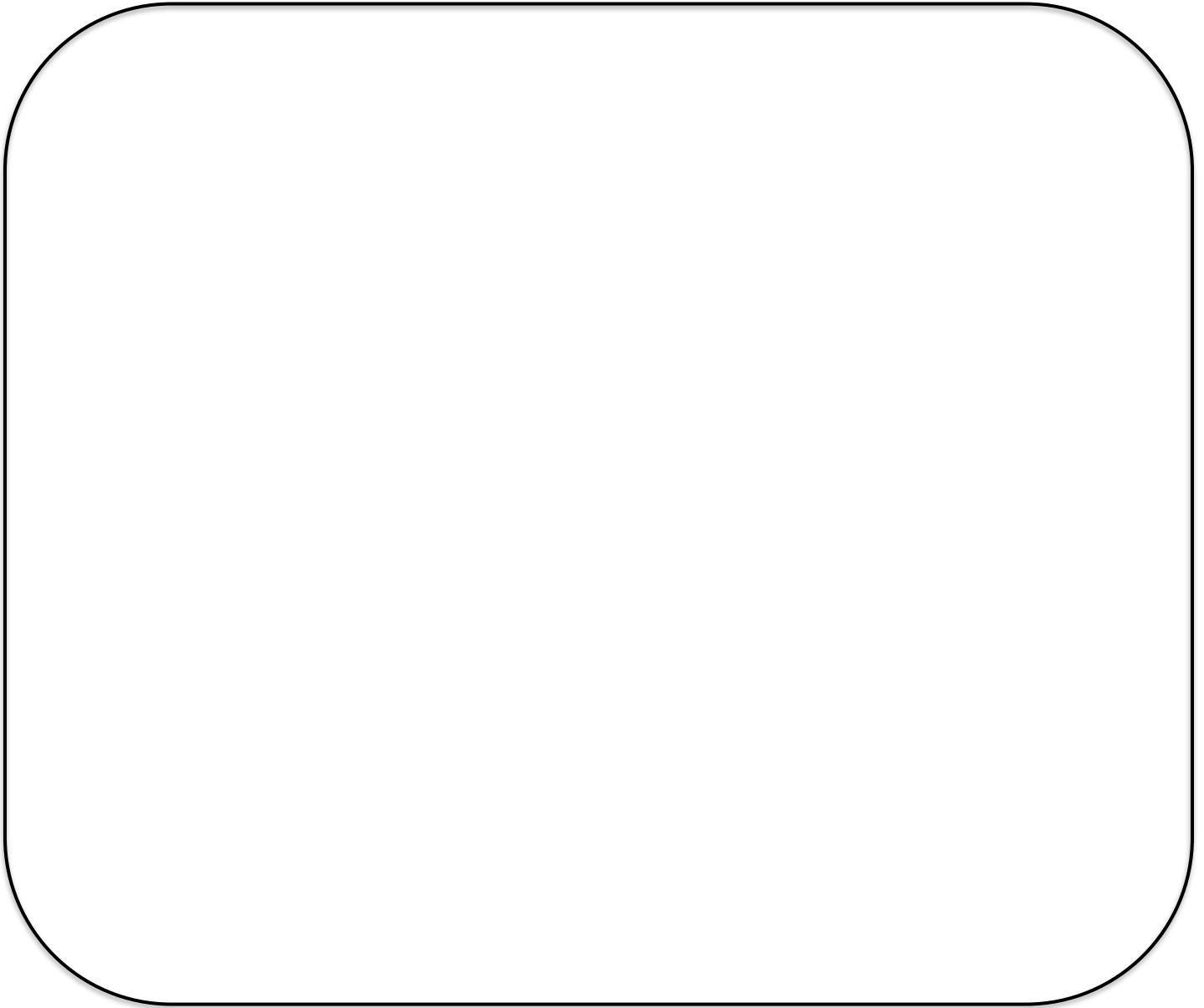
Helpers

Who are safe people I can talk to when I don't feel safe?

1. _____ Phone: _____
2. _____ Phone: _____
3. _____ Phone: _____
4. _____ Phone: _____
5. _____ Phone: _____
6. _____ Phone: _____
7. _____ Phone: _____

Helpers

Draw a picture of your Safe Helpers in the box below:

A large, empty rounded rectangular box with a black outline, intended for drawing a picture of safe helpers.

If a Helper doesn't help, don't give up! Keep telling safe adults until you get help.
YOU ARE IMPORTANT!

I Am Important

My Body Belongs to ME

Draw a picture of yourself doing the things that make you feel good, happy, and safe!

I, _____ **AM IMPORTANT!**
(Name)

It is important to be safe. I can TELL trusted adult helpers if I do not feel safe.



Interface Children & Family Services - (805) 485-6114 ext. 691

Resiliency

Resiliency is the ability to overcome challenging or difficult circumstances; it is a fundamental and natural characteristic which is essential to healthy development. Resiliency can be nurtured and supported by caring adults who take a strength-based approach to foster and empower a child's efforts to cope with hardships.

To overcome adversities, children draw from three sources of resilience features labelled: I HAVE, I AM, I CAN. What they draw from each of the three sources may be described as follows;

I HAVE

- People around me I trust and who love me, no matter what
- People who set limits for me so I know when to stop before there is danger or trouble
- People who show me how to do things right by the way they do things
- People who want me to learn to do things on my own
- People who help me when I am sick, in danger or need to learn

I AM

- A person people can like and love
- Glad to do nice things for others and show my concern
- Respectful of myself and others
- Willing to be responsible for what I do
- Sure things will be all right

I CAN

- Talk to others about things that frighten me or bother me
- Find ways to solve problems that I face
- Control myself when I feel like doing something not right or dangerous
- Figure out when it is a good time to talk to someone or to take action
- Find someone to help me when I need it

Information provided by: A Guide to Promoting Resilience in Children: Strengthening the Human Spirit By *Edith H. Grotberg, Ph.D.*, The International Resilience Project, and from the *Early Childhood Development: Practice and Reflections* series by Bernard Van Leer Foundation. Website source: <http://resilnet.uiuc.edu/library/grotb95b.html>

I Am, I Have, I Can

There are many great things about you that make you the special person that you are! (I AM)
There are also many things that you have (I HAVE) and many things you can do! (I CAN)
Write down all of your I AM's, I HAVE's and I CAN's below:

I AM:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

I HAVE:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

I CAN:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____