

# MY SAFETY PLAN

## Staying Safe at School:

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

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

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I can make sure that a friend can walk with me between classes.

I will ask: \_\_\_\_\_

and/or \_\_\_\_\_

I will eat lunch and spend free periods in an area where there are school staff nearby. The areas I am safe at school are:

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and \_\_\_\_\_

I can talk to the following people at school if I need to rearrange my timetable in order to avoid my abuser, or if I need help staying safe at school:

- School Counsellor/s
- Teachers
- \_\_\_\_\_
- \_\_\_\_\_
- Principal
- School Nurse
- Deputy Principal
- Other:
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

If I live with my abuser, I will have a bag ready with these important items in case I have to leave quickly (tick all that apply):

- Mobile phone & charger
- Money
- Keys
- ID
- Birth Certificate and other important documents
- Change of clothes
- Medications
- Special photos/valuable items
- If I have children, anything they may need

## Staying Safe at Home:

I can tell this family member about what's going on in my relationship: \_\_\_\_\_

There may be times when no one else is at home. At these times I can ask someone to visit. I will ask:

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

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If I have to leave in an emergency I can go to:

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My code word for family and friends is:

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**RESPECT ME**

# MY SAFETY PLAN

## Staying Safe Emotionally:

My abuser often tries to make me feel bad about myself by saying or doing this:

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When he/she does this, I will think of these things that I like about myself:

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I will do things I enjoy and that make me feel good, like:

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If I feel down, depressed or scared I can call the following friends or family members:

Name: \_\_\_\_\_

Phone # \_\_\_\_\_

During an emergency I can call the following friends and family at any time of day or night:

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

## Getting Help in the Community:

For emergencies: 000 or mobile 112

The Line: <http://www.theline.gov.au/>

Kids Helpline: 1800 551 800

Domestic Violence Crisis Line: 1800 811 811

Local Police Station: \_\_\_\_\_

Phone #: \_\_\_\_\_

Address: \_\_\_\_\_

Local Domestic Violence Service: \_\_\_\_\_

Phone #: \_\_\_\_\_

Address: \_\_\_\_\_

Local Youth Shelter: \_\_\_\_\_

Phone #: \_\_\_\_\_

Address: \_\_\_\_\_

