



EMPOWERING ADULTS...CHERISHING CHILDREN

*Safety, advocacy, healing, and hope for victims
of family violence in West Yavapai County since 1980.*

Safe Kids Worksheet

This is _____'s plan for staying safe!

List some times that you've felt scared or unsafe.

What did you do to feel safe? _____

What could you do to feel safe next time something scary happens?

If something scary or bad is going on in your house, or something bad is happening to you, **PLEASE TELL A GROWNUP THAT YOU TRUST!**

List the grown ups you could tell. (Some people tell their parents, friends, teacher, doctor, the police, or a school coach.)

If someone tells you to keep a bad thing a secret, or even if they say bad things will happen if you tell, **YOU MUST TELL AND KEEP TELLING.** You have the right to live in a safe place that makes you feel good and to be around people who want to help you.