



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 personal plan for staying safe. Today's date is: _____

Sometimes kids find themselves in situations that make them feel scared or unsafe. Scary situations can happen when people fight at school or at home. It can be especially scary when parents fight or hit. You can use this plan to help keep yourself safe when bad things might be going on around you or happening to you.

List some times when you feel scared or unsafe.

What did you do to feel safe?

If someone in the house is fighting or hitting, don't try to stop them. You need to keep yourself safe, so you don't get hurt and so you can get help for others.

List some things you can do instead to feel safe.

What can you plan to do with your parent or caregiver in case something scary or unsafe is happening?



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What code word can you and your parent or caregiver use when it's time to call for help?

Family/ Friends to call

Emergency numbers to call

Hotlines to talk to someone or get help

Practice a 911 call with your child worker and with your parent or caregiver.

Ask your parent or caregiver if they have an Order of Protection and what that means for you. When will you call 911?

If something scary or bad is going on in your house, or if something bad is happening to you, please tell a grown up that you trust. Make a list of some of the grown ups you could talk to.

- Tell your Teacher
- Babysitter
- Coach
- Doctor
- School Nurse/ Counselor
- Friend's Parents
- Church leader

Even if your parents or someone that's hurting you or making you uncomfortable tells you not to tell, or says you have to keep what's happening a secret, **YOU MUST KEEP TELLING**. Even if it's someone you care about, you have to tell so that they can get the help they need to stop hurting other people. You have a right to live in a safe place that makes you feel good!