

# Safety Planning for Youth Experiencing Family Violence

## What is a Safety Plan?

A safety plan is a written plan that will help you know what to do when there is abuse or danger in your house.



## Do I Need a Safety Plan?

It's a good idea to have a safety plan if:

- The adults you live with fight a lot
- They fight badly with a lot of screaming, throwing things, crying, or fear
- If anyone seems threatened, afraid or in danger of getting hurt
- If someone is breaking things, like furniture, smashing walls, or throwing things
- If people or pets in your house are getting hit, kicked, pushed or hurt in any way

## What to Include in Your Safety Plan & When to Use it

Your safety plan can be used when you think or feel like you or someone in your family is being hurt or about to get hurt in any of the above ways.

Your safety plan can include what to say to the police if you need to call them.

### For Example:

If you call 911, the operator will answer:

“Police, Fire, Ambulance”. You say “Police”. “My address is \_\_\_\_\_.  
My name is \_\_\_\_\_. I am \_\_\_\_\_ years old. I need help.  
Someone is hurting my \_\_\_\_\_.”

**Don't hang up. Stay on the line with the operator until police arrive at your house.**

- Reach out for support** from a trusted adult, teacher, school counsellor, or friend.  
List trusted people:

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**Identify safe spaces** both inside and outside your house where you can go if you feel threatened or unsafe (e.g. staying in a room with a lock, avoiding areas with things that could be used as potential weapons (like knives in the kitchen), going to a neighbour or friends house, a library, store or community centre).

○ Safe Space(s) inside the house: \_\_\_\_\_

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○ Safe Space(s) outside the house: \_\_\_\_\_

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**Create a list of emergency contacts** that you can reach out to if you need help (e.g., helpline numbers, police, counsellors, adult friends, family members, teachers) and always keep a phone nearby.

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**Create a code word or signal** that you can use with other family members and trusted people to let them know that you are in danger or need help without you having to say so.

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**Pack an emergency bag** with things you may need if you have to leave the house quickly (e.g., clothes, toiletries, medications, important documents, money, and things you need for school).

**Safety at school is important.** You can talk with teachers or staff at your school about the situation and get them to help ensure that you have a safe space to go during the day if needed.

- Practice online safety** by not sharing personal information or the safety plan on social media or with anyone who might be monitoring your online activity. If you leave the house, turn location sharing off on your phone so that your location cannot be tracked and don't post photos with identifying locations in the background.
- Create an escape plan**, so that if the situation becomes dangerous, you have a clear plan for leaving the house, including which exit to use, and where to go.

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- Keep ID and valuables secure** (e.g., important documents and sentimental items) in a safe and accessible location in case you need to leave quickly.
- Keep this document secure.** File your safety plan in a place where only you can access it.
- Take care of you.** Remember, what you were experiencing is not your fault, and it is not your job to physically protect the people you love. You can call for help and talk to trusted adults. It is important to take care of yourself and do things that help you feel okay (e.g., reading, listening to music, art, sports, or spending time with friends).

## FINDING HELP

- If you or someone you know is in immediate danger, contact **911** or the emergency services in your area right away.
- Visit [neighboursfriendsandfamilies.ca/i-need-help/index.html](https://neighboursfriendsandfamilies.ca/i-need-help/index.html) to access **“Where can I go for help”** for a list of services that understand family violence.
- Access Kids Help Phone by phone 24/7 at **1-800-668-6868** or text **CONNECT** to **686868**.

