



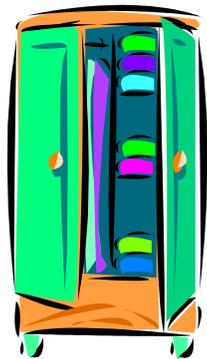
# My Very Own Safety Plan

When I feel afraid I can:

Tell someone I trust  
Ask for help  
Talk to a parent  
Talk to a relative  
Talk to a friend  
Talk to a teacher  
Talk to a neighbor  
Go to a safe place  
Call 911

Add your own ideas:

If there is fighting in my house, I will go to a safe place. Some safe places for me to go are:



**In the closet**



**Under the bed**



**In the bathroom**



**In the backyard**



**To a neighbor**