



STEPPING STONES AGENCIES

## 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.

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What did you do to feel safe?

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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.

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What can you plan to do with your mom in case something scary or unsafe is happening? \_\_\_\_\_

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What code word can you and your mom 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 mom.

Ask your mom if she has 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 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!