My Safety Plan: Abuse at Home

Reminder: Abuse is <u>never</u> my fault. I deserve to feel safe.

If you're experiencing abuse at home, you can use this tool to identify ways to put your safety first and get support. It may be helpful to fill it out with someone you trust. For more information and support, you can visit <u>KidsHelpPhone.ca</u>.



Signs that tell me things are / may be getting unsafe (e.g. I notice yelling, I experience physical violence, I feel scared, etc.): Ways I can create space for and take care of myself (e.g. move to a room where I can close / lock the door, put headphones on, etc.):

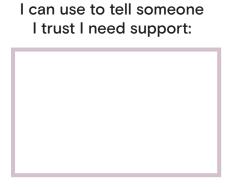


Who I can trust and talk to

about abuse:



Places I can go that might be safer for me (e.g. a friend's house, community centre, etc.): Important info about places that might be safer for me (e.g. phone numbers, addresses, etc.):



A code word / signal



Ways I can get to a safer place

(e.g. walk, bike, take public transit, ask someone I trust for a ride, etc.):

What I will bring with me if I need to go to a safer place (e.g. clothes, money, food, transit pass, medication, etc.):

need the person I trust to:

When I use my



People / services I can connect with for more support:

KidsHelpPhone.ca Call 1 800 668 6868 Text 686868

