

## A CHILD'S OWN SAFETY PLAN

Print out this page and fill it in by hand. Keep it with you to read in times of crisis.

### MY SAFETY PLAN

When I get scared I can think about

---

When I get scared I can go to

---

When I am feeling down or afraid I can talk to

---

These are the safe exits from my house

---

In an emergency I can

---

### MY IMPORTANT NUMBERS

My phone number:

---

The police:

---

A neighbor, friend or relative's number:

---

### YOU ARE STRONG

***You need to remind yourself you are strong. No one has the right to abuse you.***



P.O. Box 477, Radford, VA 24143  
Office: (540) 639-9592  
Fax: (540) 633-2382

E-mail: [director@wrcnrv.org](mailto:director@wrcnrv.org)  
Website: [www.wrcnrv.org](http://www.wrcnrv.org)

Hotline: (540) 639-1123  
TTY: (540) 639-2197  
Toll Free: (800) 788-1123 (regional access)