

My Safety Plan

Every family has trouble getting along now and then. It is okay for people in a family to get upset with each other. But, it is NEVER okay for people in a family to abuse each other. When grownups in your family hit, kick, slap, push, or throw objects at someone else in your family, it is abuse.

Abuse can also happen when family members are put down or touched in wrong ways. Families should not have to live with abuse and violence. If your family has trouble like this, you are not alone. Please tell a safe adult about what is going on. It is also a good idea to have a safety plan to help you know what to do next time someone in your family is being hurt.

When the fighting starts:

- **Do not try to stop it.** It is not safe for me to stop the abuse. It is my job to help keep myself safe and stay out of the fight. What can I do to be safe?

- **Stay away from the fight.** The following places in my home are safe places to hide.

- **Get to a safe place.** If I am not able to get to a safe place in my home, I will go to a neighbor's or relative's house that is safe. Where can I go to be safe?

- **This is the safest way for me to get out of my home during violence.**

- **If I need help right now, I will try to call 911 from a room away from the fighting or from a safe place outside my home. I will tell the 911 helper:**
 1. My address is

 2. My name is

 3. I need help! Someone is hurting my

4. My phone number is

The 911 helper will stay on the phone and talk with you until the police arrive.

- **These are safe grownup people I can talk to about my problem.**

Remember:

- **You did nothing wrong**
- **It is not your fault when adults argue or fight.**
- **It is okay to get help when you are afraid.**
- **It is okay to love both your parents, even if one parent is hurting the other.**
- **But it is never okay for that parent to hurt you, your parent, or anyone else.**

Numbers to call:

Police: 911

Women's Resource Center of the New River Valley: 540.639.1123 or 1.800.639.1123

Youth Crisis and Runaway Hotline: 540.786.2929

DSS Child abuse Hotline: 800.552.7096