

Name _____

Safety Plan

I agree to the following plan to prevent abuse or violence:

1. I will separate from my family member/s when

- I start to feel angry or upset and might become hurtful
- I start to use any hurtful behaviors including the following:
 - Yelling
 - Name-calling/profanity
 - Threats
 - Intimidating behaviors
 - Property damage
 - Unwanted physical contact, such as,
 - hitting, punching, pushing, kicking,
 - slapping, grabbing, choking or other
 - unwanted contact

2. I will tell the person I am separating by saying:

3. I will separate from the person and go to one of the following places:

4. While I am separated I will do something to calm myself down, such as:

5. I will stay away from others for _____ minutes, or until I can be respectful to everyone in the house.

I agree to the following rules:

- I will not use this to plan as an excuse to leave the house, get out of chores or things I'm supposed to do.
- After my separation time I will return and make a plan with the other person about what to do next, (i.e., finish the discussion, plan a time later to talk about it, or let it go).
- If the other person separates from me I will respect their time alone and not bother them.
- I will stay away from the other person until they are ready to talk again.

I understand if I am violent the consequences will be:

I agree to be non-violent at home.

Youth Signature

Date: _____

Parent Agreement:

I also agree to be non-violent and to support my youth in following this plan.

Parent Signature

Date: _____