



My Safety Plan

I have the right to be safe. Abuse is not my fault. I am not alone. There is help.



If I am in danger now I can call 911. I will call 911 if
if the person who hurt me tells me they are going to hurt me again



If I need help, I can call

Name: My parent Number: (612)555-5555

This person can give me rides and let me stay at their house overnight

Name: My friend Number: (612)444-4444

This person can listen when I need someone to talk to

Name: Sexual Violence Center Number: (612)871-5111

This person can help me if I am thinking about hurting myself

If I need to leave



These things help me get around (like a wheelchair, scooter, walker or cane) and
communicate (like a tablet)

My phone helps me talk to people



These things help keep me healthy (medications)

Medications I need are in my bag



If I need to leave, I will go

I will call my parents and go to their house



These are the things that make me feel safe.

1. My phone
2. My bag
3. Tea makes me feel warm and safe



These things help me calm down. If I feel stressed or overwhelmed I can do these things.

1. Listen to music
2. Take deep breathes, in through my nose and out through my mouth
3. Watch my favorite TV show



I will keep this safety plan in a safe place. I will keep it
In a folder in my bag where no one else will see it



HELPFUL PHONE NUMBERS



If I am in danger right now, CALL 911

Who can I call?	When should I call?	Phone number
Sexual Violence Center	If I am thinking about hurting myself	(612)871-5111
DayOne	If I need to find another place to stay	(866)223-1111
Suicide Hotline	If I am thinking about killing myself	(800)273-8255



People in some jobs (like nurses, doctors, and therapists) might have to tell police or adult protective services if they think someone with an intellectual and/or developmental disability has been abused.

This project was supported by Grant No. 2013-FW-AX-K004 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

Attention Arc employees: Do not keep any written documentation of safety plans.