

What Is a Safety Plan?

The Safety Plan is a step-by-step plan that you make for yourself about what you will do when you are upset and angry in a conversation to prevent harmful behavior and keep your behavior safe. You make a personal plan about where you will go and what you will do to help yourself calm down. Once you are calm, you go back to the conversation after you have had time to think about it and you are in a calmer state of mind.

It's like a time-out in basketball or football. The game stops. The teams separate from each other to figure out a plan. The game restarts when the team members have a plan.

Taking a break from heated arguments is one of the best ways to prevent hurtful behavior. It is a lifelong skill people can use in many different situations to prevent saying or doing things they might regret.

Using your Safety Plan with your family will:

- Help you get along with your family
- Keep you from hurting others
- Help you have better relationships

My Safety Plan

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



I will separate from my family members when:

- I start to feel angry or upset and might become hurtful
- I start to use any hurtful behaviors, including the following:
 - > Yelling or shouting
 - > Name-calling/profanity
 - > Threats/intimidating behavior
 - > Property damage
 - > Any unwanted physical contact

I will let the other person know I am separating by saying:





My Safety Plan

Your Safety Plan is a time to be alone.

Your Safety Plan is a time to calm down and think, "How can I deal with this problem without being abusive?"

You are responsible for your own Safety Plan, not other people's.

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



After your time-out:

- Let it go
- Put it on hold
- Discuss it

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



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



I agree that:

- I will not use this plan as an excuse to leave the house or avoid things I am supposed to do.
- I will use this plan as a time to be alone, calm down, and think about how to deal with the problem.
- If the other person separates from me, I will respect their time alone and not bother them.
- After my separation time, I will return and make a plan with the other person about what to do next: finish the discussion, plan a time later to talk about it, or let it go.

I agree to follow this plan to help me stay non-violent, non-abusive, and respectful to my family members.

Youth signature

Date

Parent Agreement

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

Parent signature

Date

What to Do After Your Time-Out

Let it go

After you have cooled down and you talk to your parent again, you both might decide to drop it. It is your parents' decision whether it can be let go. You might have different opinions about this.

Put it on hold

When you get back together, it might not be a good time to talk about it. For example, you may be too upset, too tired, or too hungry to talk through the problem effectively. So, you can agree to put it on hold for a while until both people feel calm and ready to talk. Putting it on hold should not be a way to avoid the issue. It should be a way to make sure that the conversation can be respectful. If you decide to put the discussion on hold, make sure to set a specific time (for example, after dinner or Saturday morning) for when you are going to discuss it.

Discuss it

If you feel calm after the time-out, you may decide that you are ready to talk about the issue with the other person. You must be ready to listen to the other person, use problem-solving skills, and communicate respectfully. If the conversation becomes disrespectful, you can always take another time-out.

Safety Plan Rules

Your Safety Plan is a time to be alone.

It is not okay to go to a friend's house or take off and not let your parent know where you are. When you make your Safety Plan with your parent, discuss where it is okay to go and make a list on your Safety Plan so that your parent knows where you are.

Your Safety Plan is a time to calm down and think, "How can I deal with this problem without being abusive?"

When you are separated, do something to calm down (by using your Self-Calming Plan, changing your thinking, taking deep breaths, walking, etc.). Once you have calmed down, think about how you can talk respectfully about the problem.

You are responsible for your own Safety Plan, not other people's.

Parents will make their own decisions about when they need to separate from you. Sometimes your parent may need to remind you to use your Safety Plan if you are being abusive and are not separating. Think of this as way your parent is trying to support you.