



# 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.**

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