

Name _____

Safety Plan (Short Form)

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 go to another room (such as my bedroom, or a room where I can be alone), and take time to calm down.

3. I will stay away from others for 15 – 30 minutes, or until I am calm and can be respectful to everyone in the house.

I agree to be non-violent at home.

Youth Signature

Date: _____