

HOW TO BE YOUR

OWN HERO!



My Safety Plan:

- I can call 911 if someone or myself is hurt or in danger. I will tell the police my address.
- If I can't call 911, I can tell a neighbor, relative, or teacher.
- My family's **code word**, a word we chose to say when it is time to get help or leave.
That word is: _____

Safe Adults I Can Talk To:

- My teacher
- A family friend or neighbor
- Someone I trust, such as a coach or school counselor

My Important Information:

My phone number: _____

My address: _____

**KEEP THIS PLAN IN A
SAFE PLACE**

**REMEMBER YOUR JOB
IS TO STAY SAFE**