



My Safety Plan

Call 911 in an emergency

People I can call for help are:

Name	Phone number	Other number
Local police _____	_____	_____
_____	_____	_____
_____	_____	_____

Places for me to go are: _____

I can call Kids Help Phone line at 1-800-668-6868 for advice.

<p>Someone I trust and can talk to about my worries is: _____</p> <p>Their phone number is: _____</p> <p>Their address is: _____</p> <p>We have agreed on the code word _____ in case I need help.</p> <p>They know my address and phone number.</p> <p>They can call help for me.</p>
--

Things to take with me if I can:

- Medicines I need
- Cash if I have any
- Clothing for a few days
- Identification (like my health card or birth certificate)

In an emergency I will not worry about these, I will just get to safety.

Remember to keep this plan in a safe place where you can get it if you need it.

You may want to keep addresses, phone numbers or other information you'd need in an emergency with you.

It's a good idea to get help making a safety plan from a trusted adult or information helpline.