

Independent Living Program Cover Page

Category: RELATIONSHIPS & COMMUNICATION

Activity: Develop a Safety Plan

Description: **The objective of this assignment is to:** Help you develop a Safety Plan. Using the template from the National Domestic Violence Hotline, you will be asked a number of questions designed to get you thinking about where you can go if you are in an unsafe situation, and who you can lean on for support.

How do I get credit for this assignment?

- Complete a Safety Plan online, and answer the questions provided.
- Email the completed work along with this cover sheet to: Michelle Estrada at mestrada@orangewoodfoundation.org

You may earn up to \$20.00 ILP dollars for completing this assignment.

Total Dollars Earned:

<p>\$</p> <p>(ILP Use Only)</p>
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Notes:	<p>Goal:</p> <p>None</p>
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Date: _____

Youth Signature	Date of Birth
Print Name (Youth)	Group Home (If Applicable)

<p>Receipt</p> <p>(ILP Use Only)</p>
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Develop A Safety Plan

What is a Safety Plan?

A safety plan is a set of actions that you plan to take in order to keep yourself safe during an unsafe situation. A safety plan is a document where you write out a detailed plan and keep important information that you might need in case of an emergency.

Why do you need one?

Although some people think a safety plan should *only* be created when you are in a situation where there is a possibility of domestic violence, creating a safety plan (or emergency plan) can be helpful for anyone. Taking the time to fill it out and keep it in a safe place that you can access it will make life much easier if/when an unsafe situation or emergency comes up.

How can I create one?

There are a ton of resources out there that can help you come up with a Safety Plan. Below is one option, provided by the National Domestic Violence Hotline.

PLEASE COMPLETE

1. Domestic Violence Safety Plan (Link Below)

If you suspect you may be in a potential Domestic Violence situation, please visit the link below in order to get more info on support and staying safe, then follow the directions on the website to create a Safety Plan for yourself.

<https://www.thehotline.org/plan-for-safety/create-a-safety-plan/>

2. Questions

- What were some questions you were asked that you didn't expect to see while creating a Safety Plan?

- After creating this plan, do you feel like you have a better idea of what you could do or where you could go if you are ever in a dangerous situation? Why or why not?

- What did you learn about yourself while creating this safety plan?

- What is the phone number for the National Domestic Violence Hotline?
