

# HANDOUT #4: SAMPLE SAFETY AND SUPPORT PLAN

## When things are starting to break down with me, the way other people can notice is:

- My face starts to get red. I start to jiggle my legs or make balls with my fists.
- When I start poking myself with my pencil.
- Or, when I shut down and don't want to talk with anyone. I give one-word answers.

## When things feel like they are breaking down, it helps me when I:

1. Get space from people and activities, like 2 feet of away or turning my back and not looking at them.
2. Take big breaths, and exhale like I'm blowing out through a straw.
3. If I'm mad, scribbling really hard and then crumpling or rip up the paper while listening to loud music.

## When things feel like they are breaking down, it helps when others around me say and/or do (or don't say or don't do):

1. Grown-ups should stop talking, but not go far away from me.
2. I sometimes like it when my mom rubs my back. She should ask or try a minute and see how it feels.
3. I don't like it when people yell at me. I feel scared and like I hate them.

## People I can or want to call/text when I need extra help and support are:

*List names and numbers. Be sure at least one is a professional!*

- Texting my big sister, her cell phone is XXX-XXX-XXXX.
- My social worker, x name and number.
- My friend April. She's always there for me and I can call her on her mom's phone at XXX-XXX-XXXX.

## Things or people that motivate me, make me feel good, and/or help me take my mind off things are:

1. Shooting basketball hoops.
2. Listening to Lady Gaga sing "Born This Way."
3. Watching and singing to Disney movies.

## Strengths of mine are:

1. I can sing.
2. I'm a good artist.
3. People say I'm funny.



**We should all be thoughtful about \_\_\_little sister Jayla and our dog Sam\_\_\_\_\_ when things break down. This is how we can handle keeping that person, place, place, or thing safe:**

*Fill in as many people/places/things we want to protect and what the plan is for them during these times.*

- Jayla should run over to our neighbor's house so she can play with her friend Lola.
- Mom or Dad should put Sam in the bedroom with his bone.

