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: ________________