## **Safety Plan**

## 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 tell the person I am separating by saying:
3. I will separate from the person and go to one of the following places:
4. While I am separated I will do something to calm myself down, such as:

5. I will stay away from others for \_\_\_\_\_ minutes, or until I can be respectful to everyone in the house.

## I agree to the following rules:

- I will not use this to plan as an excuse to leave the house, get out of chores or things I'm supposed to do.
- After my separation time I will return and make a plan with the other person about what to do next, (i.e., finish the discussion, plan a time later to talk about it, or let it go).
- If the other person separates from me I will respect their time alone and not bother them.
- I will stay away from the other person until they are ready to talk again.

I understand if I am violent the consequences will be:

I agree to be non-violent at home.
Youth Signature
Date:
Parent Agreement: I also agree to be non-violent and to support my youth in following this plan.
Parent Signature
Date: