

# Feeling Safe Means:

- I know someone will take care of me.
- I am not worried I will be hurt.
- I don't feel scared.
- I can say NO to unsafe people, places or things.

If I am feeling scared I will tell a safe adult who can help me.

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My Name: \_\_\_\_\_

My Address: \_\_\_\_\_

A Phone Number of someone I know: \_\_\_\_\_

Who I Live With: \_\_\_\_\_



# My Safety Plan - Because I am Important!

Safe Adults I can talk to: \_\_\_\_\_

Safe places near my home where I can use a phone or get help:

Safe strangers who I can ask for help: \_\_\_\_\_

If I am lost or unsafe, I can call 911. I will:

- Tell them what is wrong.
- Tell them my name.
- Tell them where I am.
- Stay on the phone until they tell me what to do.

**KidsHelpPhone.ca**  
**1 800 668 6868**

**Kids Help Phone**