

MY SAFETY PLAN

Safety plans are a great way to identify people and coping strategies in your life that you can go to when you need support. They are also great reminders for when things seem overwhelming. Take some time with your GSA to fill out a safety plan, and identify ways you can find support.

I know that I can talk to the following adults at my school if I am feeling overwhelmed or am experiencing bullying or harassment:

I know that I can talk to the following friends at my school if I am feeling overwhelmed or am experiencing bullying or harassment, they will help me find a supportive adult to talk with:

If I am feeling sad, lonely, depressed, or scared, I know I can call/text the following people to talk and get support:

Name: _____
Phone #: _____

Name: _____
Phone #: _____

Name: _____
Phone #: _____

STAYING SAFE AT SCHOOL

I can go to the following places during lunch, free periods, or before or after school that are safe and supportive: _____

STAYING SAFE AT HOME

I can go to the following places at night, over the weekend, or during holiday breaks that are safe and supportive: _____

STAYING SAFE EMOTIONALLY

If I am feeling sad, lonely, depressed, or overwhelmed, I can do the following things to cheer myself up and make me feel better: _____

I can get involved in the following school groups/clubs that are interesting to me: _____
