



## **SAFETY PLANNING TRAINING QUIZ**

**1. When should a Safety Plan be developed?**

- A. After the youth's first therapy session
- B. Only after a crisis occurs
- C. Upon admission to the facility
- D. When a youth turns 18

**2. What is the primary purpose of a Safety Plan?**

- A. To track daily schedules
- B. To serve as a tool for emotional regulation and crisis prevention
- C. To document behavioral incidents
- D. To manage medication timing

**3. How often should a Safety Plan be updated?**

- A. Every 90 days regardless of behavior
- B. Only during team reviews
- C. After crisis events or as needed
- D. When requested by guardians

**4. What is included in a Trauma Screen Report?**

- A. School performance and hygiene routines
- B. Peer relationships and social media activity
- C. History of traumatic events and triggers
- D. Medication side effects and food preferences

**5. What is a key strategy for de-escalating a crisis?**

- A. Enforce quiet time and restrict privileges
- B. Give the youth space and offer choices
- C. Remove the youth from their room immediately
- D. Raise your voice to establish authority

### **Staff Acknowledgment**

I confirm that I have completed the Safety Plan Training and watched the required video.

Staff Name: \_\_\_\_\_

Date: \_\_\_\_\_

Supervisor Signature: \_\_\_\_\_