

# SAFETY PLANNING

## FOR THOSE BEING BULLIED

The responsibility to protect children from all forms of abuse, including bullying, is the responsibility of parents, teachers, and other adults in the community. It takes a lot of courage for children and youth to report a bullying situation. Safety planning is an important part of keeping children and youth safe. Everyone deserves a healthy, safe and supportive environment. Children and youth should be part of the safety planning process. The plan should be fair, respectful and action-oriented.

SAFE PLACES	
Identify places you feel safe at the location you are being bullied (home, school, organization, community space)	
1. _____	↓
2. _____	↓
3. _____	↓
4. _____	↓

## UNSAFE PLACES

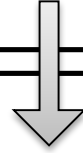
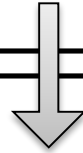
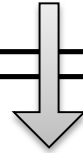
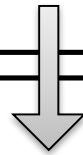
Identify places where you feel unsafe at the location you are being bullied.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_



## SAFE STRATEGIES

Identify strategies you can use to stay safe at the location you are being bullied:  
(take a stand, avoid certain situations, avoid certain people, build connections with others etc.):

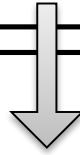
1. \_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_



4. \_\_\_\_\_



## SAFE PEOPLE

Identify safe and trusted people (Peers/Adults) that can support you at the location you are being bullied.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

## SUPPORTIVE ADULT STRATEGIES

Identify actions required by adults to ensure safety.  
Identify who will be responsible for each strategy.

1. \_\_\_\_\_  
Adult Responsible: \_\_\_\_\_

1. \_\_\_\_\_  
Adult Responsible: \_\_\_\_\_

1. \_\_\_\_\_  
Adult Responsible: \_\_\_\_\_

1. \_\_\_\_\_  
Adult Responsible: \_\_\_\_\_

1. \_\_\_\_\_  
Adult Responsible: \_\_\_\_\_

1. \_\_\_\_\_  
Adult Responsible: \_\_\_\_\_

## REVIEW

Identify a time, a place, and the people that will be present for a review of the Safety plan.

Time: \_\_\_\_\_

Place: \_\_\_\_\_

People Present: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_



## SIGNATURES

Please have all parties involved in the safety plan.  
Sign below to show that you all understand your  
roles and responsibilities in keeping the target safe  
from future harm and bullying behaviours.

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

Signatures: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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