

Good!



Name _____

My Safety Plan

Directions: Complete each section honestly. This worksheet helps you recognize your boundaries, identify who can help, and plan what to do if you ever feel unsafe, pressured, or uncomfortable.

My Boundaries: Write three things that make you feel uncomfortable or unsafe in relationships or social situations.

My Warning Signs: List two ways your body or emotions let you know something doesn't feel right.

1. _____
2. _____

My Safe People: Name three trusted adults you can go to for help or advice.

1. _____
2. _____
3. _____

My Safe Places: Write down two places where you feel safe if you need space or support.

1. _____
2. _____

My Safety Steps: If you ever feel pressured, unsafe, or threatened, what steps can you take to protect yourself?

1. _____
2. _____
3. _____

My Safety Words: Write one sentence you can say to set a boundary or stop unsafe behavior.

My Support Reminder: Who can you contact if you need immediate help? Write names and phone numbers (school counselor, parent, hotline, etc.).