

My Safety Plan Answer Key

(Sample responses for teachers or caregivers)

1. Being touched without asking, someone yelling at me, being pressured to do something I don't want to.
2. Feeling nervous, upset stomach, racing heart.
3. Parent, teacher, counselor.
4. Library, friend's house, school counselor's office.
5. Walk away, call or text a trusted adult, tell school staff, go to a safe place.
6. "I don't feel comfortable with that, please stop."
7. Parent or guardian, school counselor, safety hotline.

Teacher's Guide

- **Objective:** Students develop self-awareness of boundaries, identify trusted support systems, and practice concrete steps for handling unsafe or unhealthy interactions.
- **Differentiation Tips:**
 - Allow students to complete the worksheet through discussion if writing is difficult.
 - Provide sentence starters like "I feel unsafe when..." or "A trusted person in my life is..."
 - Offer privacy by allowing quiet reflection or one-on-one completion time.
- **Engagement Strategies:**
 - Lead a class discussion on what makes a "safe person" or "safe place."
 - Use role-play to model how to say no and seek help in different scenarios.
- **Extension Ideas:**
 - Have students design a personal "Safety Card" with key contacts and coping reminders.
 - Connect this worksheet to digital safety by discussing how to respond to online pressure or harassment.
 - Encourage students to revisit and update their safety plan regularly as relationships and circumstances change.