



Self Care & Safety Plan

Physical Safety: Location Based

What is your routine? Where do you often find yourself?

Will that routine change when school starts? If so, how?

Please identify who within your school could be able to support you (including peers and school staff).

What is the safest way for you to get to and from these locations?

Where do you feel safe(r) and/or more comfortable?

- *Where within your home?*
- *Which private locations, like a friend's home?*



- Which public locations, like the mall or a restaurant?
- Which community locations, like school or the club house?

Where have there been issues with the other youth? In what locations do you run into the other youth or their friends/supporters?

If you run into the other youth and tensions arise, where will you go? Identify three options from the question above.

- 1.
- 2.
- 3.

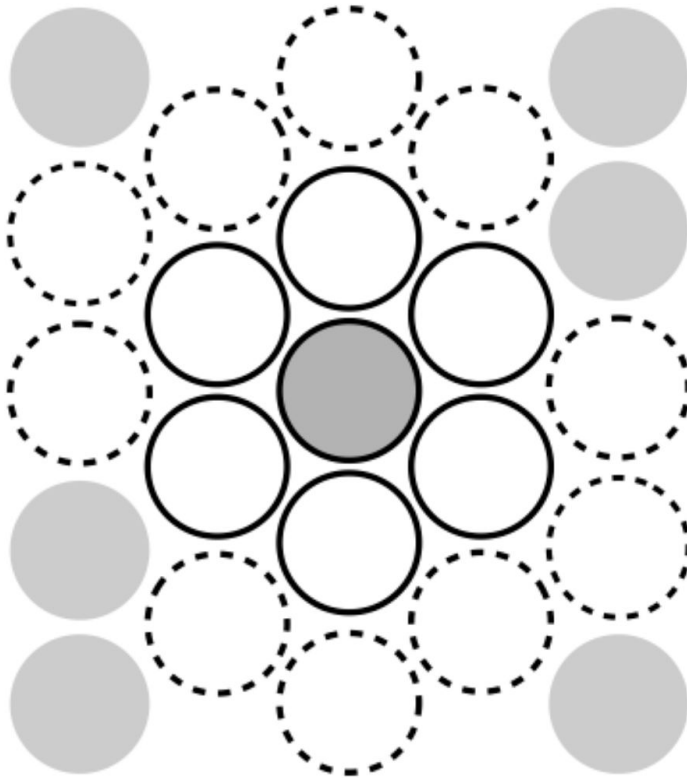
Which digital or social media behaviors have led to tensions or escalations?

Which people in your life have escalated tensions between you and the other youth?



Support & Coping: *This part of the safety plan is to be used in conjunction with the pod mapping tool.*

Emotion / Prompt	Strategy / Response	Potential Obstacles	Contact Person/ People	Contact Information
Anxious / Stressed				
Sad / Depressed				
Angry / Frustrated				
Lonely/ Want Company or Support				



POD MAP

1. Write your name in the middle gray circle.
2. The surrounding bold outlines are your pod. Write the names of the people who are in your pod.
3. The dotted outlines surrounding your pod are people who are 'movable'. They are people that could be in your pod, but you need to build more relationship or trust with them.
4. The gray circles at the edge are for networks, communities, or groups that could be resources for support, or people involved in those groups.

* Your pod(s) may shift over time, as your needs and relationships change or as people's geographic locations change.

Adapted from the Bay Area Transformative Justice Collective's Pod Mapping Worksheet



In an emergency or time sensitive situation, who do you call?

What are warning signs that you might be getting overwhelmed or out of control? (physical, emotional, mood, behavior?)

- 1.
- 2.
- 3.

Where do you go, or what do you do, to distract yourself or have fun?

- 1.
- 2.
- 3.

Who can you contact if you need accountability/support to follow through on your self care and safety plan?

- 1.
- 2.
- 3.

Who and what strategies should you avoid when you are having a hard time or feeling upset?

- 1.



2.

3.

What motivates and excites you in your life?

What are affirmations / positive things you can say to yourself if you are having a hard time?



Safety & Self Care Practices: *Can you commit to any of the following practices?*

- _____ Avoid places the other person is likely to be
- _____ Keep in touch with someone I trust about where I am / what I am doing
- _____ Spend time with people who make me feel safe and protected
- _____ Avoid going out alone, especially at night
- _____ Leave and go to a safe place if I run into the other person, or their supporters and there are tensions
- _____ Contact a support person if things are escalating and I am feeling upset
- _____ Make your contacts from the previous page “favorites in your phone”
- _____ Say my affirmations if I get upset
- _____ Do the coping strategies that are helpful that I outlined above
- _____ Set online profiles and social media to as private as possible
- _____ Not answer calls from unknown, blocked, or private phone numbers
- _____ Not communicate via social media with the other person
- _____ Not engage in digital behaviors that have escalated tension in the past (see page 1)
- _____ Ask my friends not to communicate via social media with the other person
- _____ Ask my friends to de-escalate and avoid conflict with the other person and their support people / friends and family.



School & Campus Resources // More Information

Information & Awareness

[Know Your IX](https://www.knowyourix.org/)

<https://www.knowyourix.org/>

Find in-depth information and helpful resources related to Title IX.

[The Clery Center](http://clerycenter.org/)

<http://clerycenter.org/>

The go-to site for information and resources about the Clery Act.

[The Center for Changing Our Campus Culture](http://changingourcampus.org/)

<http://changingourcampus.org/>

The Center for Changing Our Campus Culture is an online resource to address sexual assault, domestic violence, dating violence and stalking.

[It's On Us](http://www.itsonus.org/)

<http://www.itsonus.org/>

A social movement created by Barack Obama and White House Council on Women and Girls to raise awareness and fight against sexual assault on college campuses for both men and women.

Support Services

[RAINN \(Rape, Abuse and Incest National Network\)](http://rainn.org/)

<http://rainn.org/>

RAINN runs the National Sexual Assault Hotline, which offers 24/7 support to anyone who has experienced sexual violence.

in6.org

Support for men who have experienced abusive or unwanted sexual experiences.

[End Rape on Campus](http://endrapeoncampus.org/)

<http://endrapeoncampus.org/>

End Rape on Campus (EROC) works to end campus sexual violence through direct support for survivors and their communities; prevention through education; and policy reform at the campus, local, state, and federal levels.

[Trans Lifeline](http://www.translifeline.org/)

<http://www.translifeline.org/>

Created and staffed by transgender people, the Trans Lifeline is for any transgender person in crisis.

[Good Therapy](http://www.goodtherapy.org/)

<http://www.goodtherapy.org/>

Search for therapists and counselors in your area using Good Therapy's directory.



[LGBT National Hotline](http://www.glbthotline.org/)

<http://www.glbthotline.org/>

Serving gay, lesbian, bisexual, transgender, and questioning people by providing peer support and local resources.

[Child Help](http://www.childhelp.org/)

<http://www.childhelp.org/>

Child Help runs the National Child Abuse Hotline, which offers 24/7 support for anyone affected by child abuse.

[National Runaway Safeline](https://www.180orunaway.org/)

<https://www.180orunaway.org/>

Support for anyone who is thinking about running away or already has.

[Your Life Your Voice](http://www.yourlifeyourvoice.org/)

<http://www.yourlifeyourvoice.org/>

Hotline for teens and young adults dealing with depression, suicidal thoughts, addiction, physical or sexual abuse, gang violence or an overwhelming challenge.

Legal Information & Help

[WomensLaw](http://womenslaw.org/)

<http://womenslaw.org/>

A project of the National Network to End Domestic Violence that provides legal information and support to victims of domestic violence and sexual assault.

[Legal Momentum](https://www.legalmomentum.org/)

<https://www.legalmomentum.org/>

Legal Momentum leads action for the legal rights of women.

[SurvJustice](http://www.survjustice.org/)

<http://www.survjustice.org/>

SurvJustice is a national not-for-profit organization that increases the prospect of justice for all survivors of sexual violence through effective legal assistance, policy advocacy, and institutional training.

[Transgender Legal Defense & Education Fund](http://www.transgenderlegal.org/)

<http://www.transgenderlegal.org/>

Transgender Legal Defense & Education Fund is committed to ending discrimination based on gender identity and expression and to achieving equality for transgender people through public education, test-case litigation, direct legal services, and public policy efforts.

[Find a Lawyer](https://www.knowyourix.org/legal-action/finding-a-lawyer/)

<https://www.knowyourix.org/legal-action/finding-a-lawyer/>

Use this directory from Know Your IX to search for legal assistance in your area.

[Legal Services Corporation](http://www.lsc.gov/)

<http://www.lsc.gov/>