

# YOUTH SAFETY PLAN

NAME:

DATE:

MY HOBBIES/TALENTS ARE:

MY TRIGGERS ARE:

WHAT'S MOST IMPORTANT TO ME IS:

SOME WAYS I KNOW I AM GETTING UPSET:

MY GOALS ARE:

WHEN I'M UPSET, IT HELPS IF OTHERS:

THINGS THAT HELP ME FEEL BETTER:

SOME PEOPLE WHO CAN HELP ME WHEN IM UPSET ARE:

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## MY HOBBIES/TALENTS ARE:

- singing
- playing sports
- writing
- listening to music
- journaling
- dancing
- drawing
- rapping
- making music
- watching TV/movies
- reading
- other:\_\_\_\_\_

## WHAT'S MOST IMPORTANT TO ME IS:

## MY GOALS ARE:

## WHEN I'M UPSET, IT HELPS IF OTHERS:

- give me space
- don't talk to me
- talk to me
- don't touch me
- remind me of what's important
- ask me what happened
- keep me busy
- other:\_\_\_\_\_

## SOME PEOPLE WHO CAN HELP ME WHEN IM UPSET ARE:

## MY TRIGGERS ARE:

- feeling disrespected
- when someone touches me
- feeling threatened
- someone talking about my family
- not getting what I want
- inconsistency
- when I don't think something is fair
- being made fun of
- getting blamed for something I didn't do
- feeling sad
- feeling scared
- boredom
- feeling ashamed
- feeling confused
- other:\_\_\_\_\_

## SOME WAYS I KNOW I AM GETTING UPSET:

- breathing changes
- leg shakes
- cursing
- wanting to be alone
- pacing
- shut down
- heart races
- headache
- other:\_\_\_\_\_
- yelling
- shaking
- squinting
- jaw clenches
- face changes
- give warnings
- sweating
- nose flairs

## THINGS THAT HELP ME FEEL BETTER:

- talking to my family
- exercising
- sleeping
- singing
- talking to friends
- talking to trusted staff
- deep breathing
- drawing
- other:\_\_\_\_\_
- listening to music
- getting space/taking a walk
- positive self-talk
- playing games/cards
- playing sports
- dancing
- writing
- eating