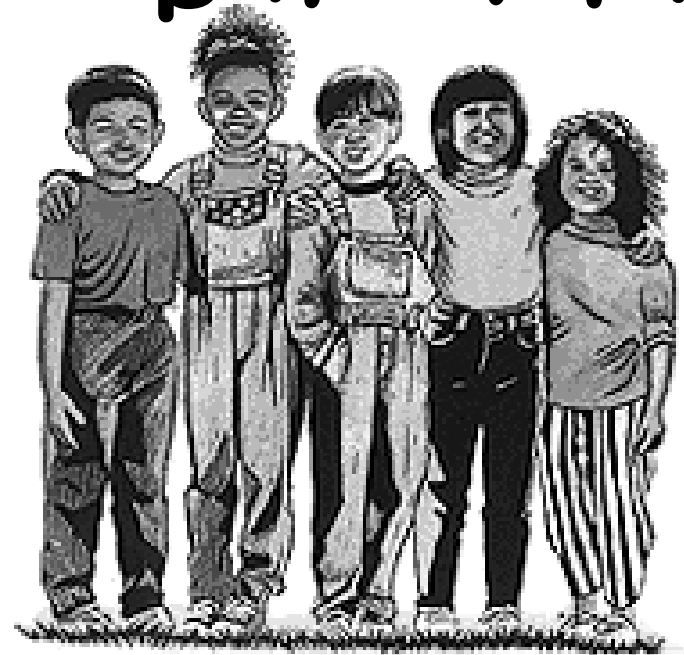


Your family wants you to be safe. Tell someone when you feel afraid.

If the person you tell doesn't believe you, keep telling until you get help. You can tell family members, police, teachers, doctors, and any adults that you trust.



# Kids Safety Plan



Know what to do so you can  
**ALWAYS BE CAREFUL!**



Family Crisis Center of East Texas

P.O. Box 510

Lufkin, TX 75902

(936) 639-1681

[www.familycrisiscenterofeasttexas.com](http://www.familycrisiscenterofeasttexas.com)

**Crisis Hotline 1-800-828-7233**

## My Safety Plan:

The best way out of my house is:

---

An adult I can trust is:

---

A neighbor I can go to for help is:

---

The phone numbers to call in an emergency are:

---

---

The nearest SAFE place is:

---

## Remember...

- ✓ Never open the door to strangers or people you don't trust.
- ✓ If someone calls, never say you are home alone.
- ✓ If you are in danger, YELL!! Say, "You are not my mom or dad!"
- ✓ Know your full name, address, and phone number.
- ✓ Call 911 in an emergency.



## Safety at home:

Know how to get out of your home safely. Which doors, windows, or stairs would be the best?

Which neighbor can you go to for help?

## On the Street:

Don't go out after dark, especially alone.

Stay away from dangerous places.

Don't go with strangers to find something. Adults need to help other adults.

Don't take anything from strangers, like money, gifts, or a ride in a car.

## Code Word:

Ask your family to decide on a code word that can be used if you are in danger. The code word can also be used if someone different is picking you up. You can ask them, "What is the code word?". If they do not know it, don't go with them.

The code word can be something simple like "purple bear" or "blue duck".