

# My Safety Plan: Abuse at Home

**Reminder: Abuse is never my fault. I deserve to feel safe.**

If you're experiencing abuse at home, you can use this tool to identify ways to put your safety first and get support. It may be helpful to fill it out with someone you trust. For more information and support, you can visit [KidsHelpPhone.ca](https://www.kidshelpphone.ca).



**Signs that tell me things are / may be getting unsafe**  
(e.g. I notice yelling, I experience physical violence, I feel scared, etc.):

**Ways I can create space for and take care of myself**  
(e.g. move to a room where I can close / lock the door, put headphones on, etc.):



**Who I can trust and talk to about abuse:**



**A code word / signal I can use to tell someone I trust I need support:**



**When I use my code word / signal, I need the person I trust to:**



**Places I can go that might be safer for me**  
(e.g. a friend's house, community centre, etc.):

**Important info about places that might be safer for me**  
(e.g. phone numbers, addresses, etc.):



**Ways I can get to a safer place**  
(e.g. walk, bike, take public transit, ask someone I trust for a ride, etc.):

**What I will bring with me if I need to go to a safer place**  
(e.g. clothes, money, food, transit pass, medication, etc.):



**People / services I can connect with for more support:**

KidsHelpPhone.ca  
Call 1 800 668 6868  
Text 686868

