

Family Court Services Lassen County  
145 S. Lassen St.  
Susanville, CA 96130  
(530) 251-8353

# A Child's Own Safety Plan

Fill this out and keep it with you to read in times of crisis.

## My Safety Plan

When I get scared I can think about

\_\_\_\_\_

When I get scared I can go to

\_\_\_\_\_

When I am feeling down or afraid I can talk to

\_\_\_\_\_

These are the safe exits from my house

\_\_\_\_\_

In an emergency I can

\_\_\_\_\_

## My Important Numbers

My phone number \_\_\_\_\_

The police \_\_\_\_\_

A neighbor, friend or relative's number \_\_\_\_\_