

CHILDREN'S SAFETY PLAN

Children can participate and learn some strategies to stay safe during violent episodes in their homes. The goal is for them to seek safety and to know where and how to get help. It is not their role to stop the violence. Before engaging in a conversation with your child, remember to consider what are the best age-appropriate actions they can take. Children are more likely to follow through with a plan when they have been part of creating it themselves.

Talking with your child about a plan...

What are some clues or warning signs that might mean that a violent situation may be coming?

[arguing, drinking, things being thrown, threats...]

What room is the safest to go to? Is there a lock on the door?

Is there a telephone (out of the sight of the abuser) to call 911? What should I say? Remember to leave the phone off the hook after calling.

If I need to get out of the house, where should I go? What doors or windows can I go out? Who can I trust?

Where do I meet the family when the danger is over?

Remember...

- ✓ Practice the route to safety
- ✓ Rehearse what your children need to say to police or to a trusted neighbor or relative
- ✓ Teach your child their full name, address and phone number
- ✓ The plan may not work; there are no guarantees
- ✓ Children need to know that the violence is not their fault
- ✓ They should never try to stop the violence
- ✓ Having a code word to activate the plan may help your child move into action quickly