### Safety Plan

**Youth:**

**Date:**

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**PROBLEM BEHAVIORS** – These are behaviors I sometimes show, especially when I'm stressed:

- ✔ Losing control
- ✔ Assaulting people
- ✔ Feeling suicidal
- ✔ Running away
- ✔ Using other drugs
- ✔ Injuring myself
- ✔ Attempting suicide
- ✔ Threatening others
- ✔ Using alcohol
- ✔ Feeling unsafe

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**TRIGGERS** – When these things happen, I am more likely to feel unsafe and upset:

- ✔ Not being listened to
- ✔ Feeling pressured
- ✔ Being touched
- ✔ Lack of privacy
- ✔ People yelling
- ✔ Loud noises
- ✔ Feeling lonely
- ✔ Arguments
- ✔ Not having control
- ✔ Being isolated
- ✔ Darkness
- ✔ Being stared at
- ✔ Being teased
- ✔ Contact with family
- ✔ Time of day:
- ✔ Time of year:
- ✔ Particular person:

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**WARNING SIGNS** – These are things other people may notice me doing if I begin to lose control:

- ✔ Sweating
- ✔ Breathing hard
- ✔ Racing heart
- ✔ Clenching teeth
- ✔ Clenching fists
- ✔ Red faced
- ✔ Wringing hands
- ✔ Loud voice
- ✔ Sleeping a lot
- ✔ Sleeping less
- ✔ Acting hyper
- ✔ Swearing
- ✔ Bouncing legs
- ✔ Rocking
- ✔ Squatting
- ✔ Can’t sit still
- ✔ Being Rude
- ✔ Pacing
- ✔ Crying
- ✔ Crying
- ✔ Not taking care of myself
- ✔ Isolating / avoiding people
- ✔ Laughing loudly / giddy

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**INTERVENTIONS** – These are things that might help me calm down and keep myself safe when I'm feeling upset:

*Check off what you know works; star things you might like to try in the future*

- ✔ Time out in my room
- ✔ Listening to music
- ✔ Reading a book
- ✔ Sitting with staff
- ✔ Pacing
- ✔ Talking with friends
- ✔ Talking with an adult
- ✔ Coloring
- ✔ Molding clay
- ✔ Humor
- ✔ Exercising
- ✔ A cold cloth on face
- ✔ Writing in a journal
- ✔ Punching a pillow
- ✔ Hugging a stuffed animal
- ✔ Taking a hot shower
- ✔ Taking a cold shower
- ✔ Playing cards
- ✔ Video Games
- ✔ Lying down
- ✔ Ripping paper
- ✔ Screaming into pillow
- ✔ Holding ice in my hand
- ✔ Getting a hug
- ✔ Using the gym
- ✔ Bouncing a ball
- ✔ Male staff support
- ✔ Female staff support
- ✔ Deep breathing
- ✔ Speaking w/ my therapist
- ✔ Drawing
- ✔ Being read a story
- ✔ Making a collage
- ✔ Crying
- ✔ Snapping bubble wrap
- ✔ Being around others
- ✔ Doing chores / jobs
- ✔ Cold water on hands
- ✔ Drinking hot herb tea
- ✔ Using a rocking chair
- ✔ Calling a family member:
- ✔

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**THINGS THAT MAKE IT WORSE** – These are things that do NOT help me calm down or stay safe:

- ✔ Being alone
- ✔ Being around people
- ✔ Humor
- ✔ Not being listened to
- ✔ Peers teasing
- ✔ Being disrespected
- ✔ Loud tone of voice
- ✔ Being ignored
- ✔ Not being listened to
- ✔ Having staff support
- ✔ Talking to an adult
- ✔ Being reminded of rules
- ✔ Being touched
- ✔

(Revised: 6/25/2018)
<table>
<thead>
<tr>
<th>Safety Plan (cont.)</th>
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<tbody>
<tr>
<td><strong>Crisis Prevention Plan</strong></td>
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<tr>
<td>1) I will try to notice the following warning signs and triggers:</td>
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<td>2) I’d like staff / my family to notice the following warning signs:</td>
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<td>3) When I notice these triggers or warning signs, I will take action to prevent a crisis from developing by doing the following:</td>
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<td>4) When staff / my family notice that I’m getting upset, I’d like them to help me prevent a crisis by doing the following:</td>
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</table>
Safety Plan (cont.)

Crisis Intervention Plan (if the prevention supports above are not effective)

SIGNS THAT I MAY NOT BE ABLE TO STAY SAFE – Thoughts, feelings, and/or actions that indicate loss of control:

1) ___________________________  2) ___________________________  3) ___________________________

4) ___________________________  5) ___________________________  6) ___________________________

SUPPORT PEOPLE – People I can call or have someone call when I have these thoughts, feelings, or actions:

<table>
<thead>
<tr>
<th>NAME</th>
<th>RELATIONSHIP TO YOUTH</th>
<th>PHONE NUMBER</th>
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<tbody>
<tr>
<td>1)</td>
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</table>

* If you cannot reach the first person, go down the list until you reach someone.

HELP STATEMENT – This is my clear and specific statement to let my support person know what I need:

__________________________________________________________________________

CRISIS SUPPORT – If all of my coping strategies have not worked and I cannot reach a support person, contact crisis support:

- Crisis Line: 832-3100 (Oahu) / 1-800-753-6879 (Neighbor Islands)
- Crisis Text Line: 741741
- Suicide Prevention Line: 1-800-273-TALK (8255)
- Dial 911 or go to the Emergency Room

TELL THE CRISIS WORKER:

1. If you plan to harm yourself / someone else or already have - BE SPECIFIC
2. How long you will be able to remain safe
3. Where you are and with whom (if anyone)

Signature of Youth
Date

Signature of Parent
Date

Signature of Therapist / Staff
Date