

# Emotional Safety Plan

01

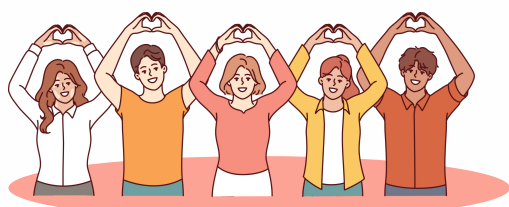


## Identifying Signs of Emotional Unsafety

List some feelings you might experience when you are in an emotionally unsafe situation. (e.g., sad, hurt, anxious, confused)

Describe any body sensations you might notice when you feel emotionally unsafe. (e.g., heaviness in the chest, heavy mind, tingling)

Identify behaviors you or others might exhibit when in an emotionally unsafe situation. (e.g., crying, shouting, fighting, belittling, mocking)



03

## Identifying Trusted People to Talk To

List the names and contact numbers of four people you can approach when you feel emotionally unsafe. These can be parents, teachers, siblings, friends, or any trusted individuals.



# Talk



02



## Creating Your Coping Toolbox

Think about strategies or activities that help you cope with emotionally unsafe situations.

Write them in your "Coping Toolbox."

04

## Project Reflection

Reflect on the importance of having an Emotional Safety Plan.

How do you think it can help you feel more secure and supported? 7.

Discuss it with a trusted adult or friend. They might have valuable insights or additional suggestions.

