

# SAFETY P.L.A.N.

## Directions:

Start a discussion with your teen with the following statement: **“Let’s talk about planning to stay safe.”**

Remind your teen that they are making plans all the time. For example, if they are going to the movies, they would plan what movie they want to see, locate a theater, find out the show times, figure out transportation, and get money for the tickets and refreshments. However, they often fail to plan to stay safe. Making plans to stay safe are some of the most important plans your teen can make.

An important part of personal safety is having a plan. As your teen gets older, they have more freedom and independence. With this independence come responsibilities. They cannot just hope that everything goes well and that they never find themselves in a potentially dangerous situation. Creating a well-thought-out plan in advance will help protect them and keep them safe.

Review each part of the Safety P.L.A.N. with your teen.

Safety P.L.A.N.	
<b>P = Permission</b>	You should always ask for and receive permission before you go somewhere. If you want to go somewhere your parents won’t agree to, then you probably shouldn’t be there.
<b>L = Location</b>	Make sure a parent or another responsible adult knows where you are going. This means the exact location, not just a “friend’s house.” If there is an emergency, you need to know the address so you can get help.
<b>A = Activity</b>	What are you going to be doing when you get to the location?
<b>N = Names and Numbers</b>	Give your parent or responsible adult the names and phone numbers of the person or people you are going to be with.

Use this Safety P.L.A.N. when your teen goes out. Reassure your teen that you are not using this information to follow them or because you don’t trust their judgment, but that it is just for your knowledge. You need this information to help your teen stay safe.

Safety P.L.A.N.	
<b>P = Permission</b>	
<b>L = Location</b>	
<b>A = Activity</b>	
<b>N = Names and Numbers</b>	