

STEPS TO SAFETY

Safety P.L.A.N.

The purpose of the Safety P.L.A.N. is to keep your teen safe. Review each step and stress the importance of it.

Safety P.L.A.N.	
P = Permission	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.
L = Location	Make sure your parents 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.
A = Activity	What are you going to be doing when you get to the location?
N = Names and Numbers	Give your parent or responsible adult the names and phone numbers of the person or people you are going to be with.

How to Make a Safety P.L.A.N. with Your Teen

Step 1

Help your child complete a Safety P.L.A.N. for an everyday situation, such as going to the movies with a friend, a sleepover, or riding bikes to the park. Reinforce the importance of each step of the Safety P.L.A.N. and emphasize how each step helps to keep your teen safe, and why there should not ever be a step that they skip.

Step 2

Help your teen understand that sometimes situations arise that put them in a position where they might be tempted to change their Safety P.L.A.N. Talk with your teen about the importance of sticking with their Safety P.L.A.N. and how that will keep them safe. In the event that your teen wants to change their Safety P.L.A.N., model the appropriate way to do that by repeating the process, beginning with getting Permission.

Step 3

Reinforce the lessons by asking your teen what they would do in possible situations that would cause their Safety P.L.A.N. to change. Play the "what if?" game! For example, what if your teen is in a situation where a friend changes the Safety P.L.A.N. and tries to convince your teen that it will be okay, or tells your teen not to tell you? What if an adult changes the agreed upon Safety P.L.A.N. and tells your teen that it is okay with you? Asking your teen what they think or feel about something before the situation occurs allows your teen to practice what to do. It also lets them know that they can talk with you about anything and that you are there to help them figure out what to do. By regularly engaging your teen in such conversations, your teen is more likely to come to you with real-life situations, ask more questions, and gain your input.

Step 4

Use a Safety P.L.A.N. regularly in your home. Place a whiteboard in your kitchen titled Safety P.L.A.N., and require that your teen complete their Safety P.L.A.N. each time they leave the house without you.