

Appendix B

A SAFETY PLAN TO HELP KIDS STAY SAFE FROM DOMESTIC VIOLENCE (KDVA, 2002)

This safety plan was developed by The Barren River Area Safe Space, Inc. (BRASS). BRASS is a regional Domestic Violence Program dedicated to ending the trauma and devastation of domestic violence.

Every family has trouble getting along every now and then. It is ok for people in a family to get upset with each other. But, it is NEVER ok for people in a family to abuse each other. Abuse can happen when there is hitting, slapping, or kicking. Abuse can also happen when family members are put down or touched in wrong ways. Families should not have to live with abuse and violence. If your family has trouble like this, you are not alone. Please tell a safe adult about what is going on. It is also a good idea to have a safety plan to help you know what to do next time someone in your family is being hurt.

1. DON'T TRY TO GET IN THE MIDDLE OF A FIGHT.

Even though you may want to help, it is not a good idea to get in the middle of a fight when one of your parents is hurting the other. If one of your parents is yelling or hurting the other, the best thing to do is go to another room.

2. IF YOU CAN GET TO A PHONE SAFELY, CALL 911 FOR HELP AND STAY ON THE PHONE.

Find a phone that is away from the fight and tell the 911 helper what is going on in your house. The 911 helper will ask some questions because they are trying to help you and will send the police right away.

3. TRY NOT TO GET TRAPPED IN A SMALL ROOM, CLOSET OR THE KITCHEN.

You may be afraid that you could get hurt too. If you are afraid, move towards a room where you can exit the house.

4. GO TO A SAFE PLACE. FIND A SAFE RELATIVE OR NEIGHBOR AND ASK FOR HELP.

It is ok to ask for help. The most important thing is to get in a safe place with an adult you trust.



Safe Places You Can Call

Emergency 911
Abuse Hotline 1-800-752-6200



Kids' Rights!

- To have a voice and be heard
- To feel safe
- To feel accepted
- To say no
- To live free from violence

- To be loved and cared for
- To laugh
- To play
- To feel important and valued
- To be a kid!!!!!!!!!!!!!!!!!!!!!!

