

Instructions for your printable Safety Card:

1. Print this page out, preferably on a color printer.

2. Fold the page in half, so the fold hits the dotted line here.

Please check out the long version of the safety plan and ask one of your trusted friends to go over the plan with you. If you don't want to tell any of your friends, you can call one of the hotline numbers.

Experienced and caring counselors will assist you in writing your safety plan. You are not alone and there are people who want to help you.

You are **never** safe in an abusive relationship, but here are some tips:

- Argue in rooms with exits.
- Talk to your best friend or an adult you trust.
- Never argue in the kitchen.
- Call 911.

3. Unfold the page, then cut along the dotted line.

Refold the Safety and carry it with you in your purse or wallet!