

My Child's Safety Plan: Someone is Hurting My Mom



If you see or hear someone in your home hitting, kicking, punching or threatening to hurt your mom, you probably feel frightened or upset. Maybe they are throwing things, breaking property or harming your pet. **Knowing who to call and how to get help is the best way for you to help your mom or someone else who is being hurt.**

You Need to Know...

- 1 You are not to blame for the abuse.
- 2 Even if you hear your parents say your name during a fight, you are not responsible for how adults act.
- 3 Don't put yourself in danger.
- 4 Abuse is very dangerous and it is against the law.
- 5 If you have a safe place, go there when the abuse is happening.
- 6 You are not responsible for your mother's safety – she would not want you to be hurt while you tried to help. Get help by going someplace safe.
- 7 If you can get to a phone in your own house or a neighbour's house you can call for help. Don't call in front of the person who is hurting your mom.

My Mom's code word that I should get to safety and call for help is:

A Safe Place...

- Get out of the room where the fight is happening.
- Pick a safe room or place in the house. Try to find a place with a lock on the door and a phone.
- Find a neighbour or family friend where you can go to if you need to get out of the house.

Remember:

- ▶ Don't feel responsible for the abuse. **It is not your fault!**
- ▶ **Get to safety.** It is not your job to stop the violence or to get involved in a fight.
- ▶ **There are people who you can talk to.** They can help you deal with the pain of seeing your mother or others being harmed.

A Safe Place

Try to find a place with a **lock on the door and a phone.**



When you get to safety, call for help...



Dial: 911

They will say: **“POLICE, FIRE, AMBULANCE”**

You answer: **Police.** Then say:

My name is _____

I am _____ years old.

Safety: what to know....

- Once you are in a safe place in your own home, a neighbour's home or at a friend's house, **get help**
- Learn how to contact police or RCMP (or band constable) and their emergency numbers, **or call 911**
- Know your **street address**
- Know your **full name** to give to police
- Practice what you will say if you have to **call 911**

“I need help. Send the police. Someone is hurting my mom (or someone in my family).”

The address here is: _____

The phone number here is _____

**Don't hang up the phone when you finish talking.
The police will call the number back if you hang up.**

My Safety Plan

Fill in your information with your mother or a trusted adult. If possible, practice getting help.

- When I get scared I can go to: _____
- When I am feeling sad or afraid I can talk to: _____
- The best ways to get out of my house are: _____
- In an emergency I could: _____

My Important Phone Numbers:

- My phone number: _____
- The police/RCMP/band constable: _____
- A neighbour, friend or relative's number: _____

**Keep your
plan in a
safe place.**

