

## Feeling Safe Means...

Everyone, including kids, has the right to feel safe all the time... and others have the right to feel safe with us.

Safety planning can be more effective when children are involved in discussing safety measures that affect them and are appropriate for their age.

Children feel safer, knowing their parent has a plan to help protect the family and that he/she has other adults who can help he/she keep the family safe.

Everyone knows what to expect in an emergency children know what will happen and what will be expected of them, and the parent knows it will be easier for their children to cooperate with their safety plan.

Children, especially older children, learn ways to help the family. This can reduce anxiety and improve self worth.



- ⌘ We all have the right to feel safe all of the time.
- ⌘ Others have the right to feel safe with us.
- ⌘ I know the adults I am with will take care of me.
- ⌘ I am not worried that I or someone else will get hurt.
- ⌘ I know what is expected of me.
- ⌘ I have an idea what will happen next.
  - ⌘ I don't feel scared or lonely.
  - ⌘ I'm not afraid to say what I think.
  - ⌘ I feel ok.

## Our Mission & Services

New Horizons Shelter and Outreach Centers provide safety and services to adults and families who have experienced domestic violence, sexual assault, stalking and harassment so that they can make decisions about their lives in a supportive, nonjudgmental and empowering atmosphere. We promote the concepts of non-violence and equality through intervention, prevention and education.

### La Crosse Co. Outreach Center

1223 Main St./P.O. Box 2031, La Crosse, WI 54602  
608-791-2610

Children's Advocacy  
608-791-2610 ext. 203

Legal Advocacy  
608-791-2610 ext. 303

Resource Advocacy  
608-791-2610 ext. 204 or 309

Volunteer Coordinator  
608-791-2610 ext. 301

### 24-hour Crisis Line and Shelter

608-791-2600  
Toll Free: 1-888-231-0066

### Trempealeau Co. Outreach Center

18519 Blair St./P.O. Box 518, Whitehall, WI 54773  
Domestic Violence Advocacy and  
Sexual Assault Advocacy  
715-538-2810

### 24-hour Crisis Line/Toll Free

1-800-706-8586

[www.nhagainstabuse.org](http://www.nhagainstabuse.org)

All Locations are Accessible & TTY Available  
Interpreters Available upon Request

**ALL Services are FREE and Confidential**

# Safety Plan for Families

NEW HORIZONS



SHELTER & OUTREACH CENTERS

*Breaking Silence. Empowering Lives.*

## Safe Adults

A safe adult is someone you can talk with about *anything*, no matter how awful or small it seems. A safe adult is someone you trust to listen and help you. Some safe adults you may know by name such as a relative, teacher or neighbor. Others have safe roles in the community that let you know they are safe adults such as doctors, police officers or firefighters. It is ok for different kids to have different safe adults and you can never have too many safe adults in your life.

My Safe Adults are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Our Family's Safety

In Order to stay safe, our family needs to be careful who we tell about our safety plan.

People who can know  
about our safety plan are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Safe Places

Think about where you can go when you do not feel safe at home. A safe place has more than one exit. A safe place does not have things that can be used as weapons, such as knives in a kitchen. Safe places may also have a telephone you can use to call for help.

Safe Places in my home are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Safe Places near my home are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## Calling 911 for Help



I should NOT try to stop a fight because I might get hurt. When I am afraid of getting hurt, I can call 911. When I call 911 I will:

1. Tell what is happening.
2. Tell my address. My address is: \_\_\_\_\_
3. Tell my phone number. My phone number is: \_\_\_\_\_
4. Stay on the phone to answer questions

- I know how to call 911.
- I know I should only call 911 in an emergency, when I need to be safe.