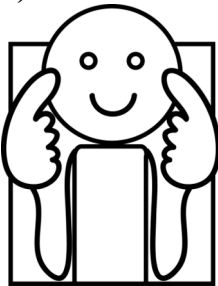


Directions for Using and Practicing the Five Safety Plan Signals

Note: The following Five Safety Plan Signals are important to review before going out – out on the school yard, out of the house, or out in the community. Having an agreement ahead of time can help to prevent problems in the moment, as well as making reminders less personal. The Move Away and Get Help signs are also Safety Powers. **WE NEED YOUR HELP!** Please fill out our Safety Signs Survey after using this information by going here: <http://www.surveymonkey.com/s/9RB6TQS>

1) STAY AWARE



How to make the Safety Signal:

Put your elbows down to your sides. Now put both of your pointer fingers (i.e. index fingers) up towards your eyes (not touching them but stopping about 2 inches away).

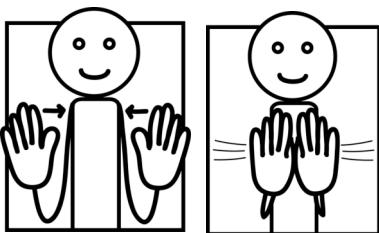
What People Safety problem does this help with?

Awareness means noticing everything that is around you. Being aware helps you to see if there are possible hazards (like something that might trip you, a ball flying by, a car, an angry dog, a person who might cause problems, etc.) as well as making it clear to others that you notice them. When you Stay Aware you are less likely to be bothered and are more likely to be able to respond quickly if things change.

A simple way to practice this is:

To practice, have your student make the Stay Aware Safety Signal with you while you say, “Awareness means noticing everything that is around you. It is safest to Stay Aware of people, things, and the world around you. Being aware helps you to see if there is something that might trip you, or if something dangerous is about to happen like a car not driving safely, or if someone is starting to act in a way that might bother you.” Have your student turn his/her head and shoulders to look around to Stay Aware of things around him/her. You can point out objects in the room for your student to turn and look at.

2) STAY TOGETHER



How to make the Safety Signal:

Put your hands out in front of you, arms bent at the elbows with your palms facing outwards. Your hands should be just a few inches from your face. Start with your hands apart from each other to show being apart and then move them together so your thumbs are touching to show staying together.

What People Safety problem does this help with?

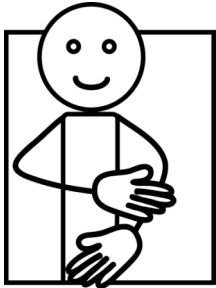
When you go out and about, it is not safe to get lost or to have someone bother you. This is why you Stay Together

with the person who is in charge of helping you stay safe. If you are out on your own, stay together with other people whose job it is to help you be safe such as a shopkeeper or bus driver.

A simple way to practice this is:

To practice, have your student make the Stay Together Safety Signal with you while you say, “When you are out in the world it is safer to Stay Together.” Use a prop such as a cute dog picture or a treat to show something that might tempt your student to wander off and have him/her remind him/herself to Stay Together with you by using the Safety Signal.

3) CHECK FIRST



How to make the Safety Signal:

Put one arm directly out in front of you, palm facing down, with our elbows fairly close to your body. With the palm of your other hand, gently pat your outstretched forearm.

What People Safety problem does this help with?

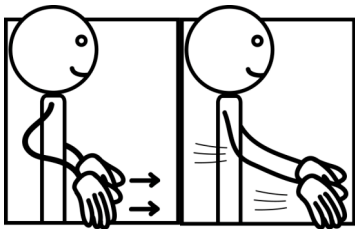
You are safest when the adults who care about you know WHERE you are, WHO you are with, and WHAT you are doing. Check First BEFORE you change your plan about who you are with, where you are going, or what you are doing. Unless you are together with people who will help you if there is a problem, it is safest to Check First before talking to, getting close to, or taking things from a stranger. If you go out on your own, you can still Check First with yourself about whether or not a situation is safe – and let the adults who care about you know if you change your plan.

A simple way to show and practice this is:

To practice, use examples relevant to your student (s). You can have someone else pretend to be a neighbor who is offering her or him to come over and have some pie. Have your student make the Check First Safety Signal with you while you say, “It is safer to Check First any time your plan changes about who you are with, where you are going, and what you are doing. Let’s pretend _____ is your neighbor and you know her very well. When she asks if you want to come over to have some homemade pie, use your Check First Safety Signal (make the Signal along with your students) to remind you to let me know where you are going and who you are going to be with. And then come to me and ask.” Student can walk over to you and point or ask and you can say, ”Thank you for checking first!”

If student is able, have him/her say, “I am going to Check First” when he/she makes the Check First Safety Signal.

4) MOVE AWAY



How to make the Safety Sign:

Put your arms down in front of you with your palms facing your body. Lift your elbows up in front of you and make a pushing motion with your arms away from your body. Repeat two or three times.

What People Safety problem does this help with?

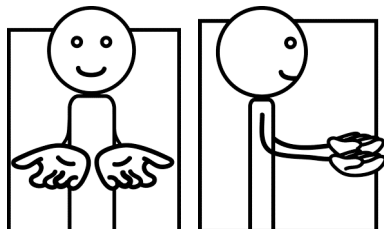
People sometimes get hurt or hurt others because they get stuck or stay too close when leaving would be a safer choice. Move Away Power reminds you to move away from a potential problem such as someone acting scary or unkind or bothering you – or if someone you don’t know well is starting to get close to you, or if an animal you don’t know well tries to get close to you – or if a car is coming too close – or if you are starting to get upset and might lose control.

A simple way to show and practice this is:

To show, pick one example relevant to your student(s). For example, say, “Pretend I see that someone next to me is starting to act like he is going to do something mean, like hit me or say something hurtful to me. I can move away (do the Move Away Power Safety Sign as well as taking a few steps away) to help keep myself safe.”

To practice, coach your student(s) to do what you say while doing it yourself. Say, “Pretend I am acting like I might want to poke you. (Make a poking motion.) Use your Move Away Power (do this Safety Sign together) to help keep yourself safe. Coach student to also take a few steps or otherwise move his/her body away from you.

5) GET HELP



How to make the Safety Sign:

Put your elbows to your sides and your hands about waist high in front of your body with your palms up, reaching forwards towards the person you need help from. The idea is that you are making a bridge between yourself and the person you need help from. Say, “I need help!” or “Help!”

What People Safety problem does this help with?

People cannot read your mind and you need to let them know when you need help. Get Help Power shows that you need help if you are having a safety problem or an emergency. It reminds everyone that problems should not be secrets and to keep telling until you get the help you need.

A simple way to show and practice this is:

To show, pick an example relevant to your student (a reason appropriate to your student’s life situation for why that he or she might need to get help). For example, say, “Pretend I have a safety problem because someone is acting scary. I need to use my Get Help Power (make the sign) to keep myself and others safe.”

To practice, coach your student(s) to do what you say while doing it yourself. Explain, “Pretend you have a safety problem, and you need to get help. Who could you tell if you have a problem?” (Take a few responses. If students cannot talk, they can point.) “Problems should not be secrets and your safety plan is to keep telling until you get the help you need. Show me your safety sign for Get Help Power (do it together with student) to help you remember to get help whenever you have a problem.”

If student is able, have student also repeat, “Get help when you have a problem,” while doing the Safety Sign.

PLEASE FILL OUR OUR SAFETY SIGNS SURVEY. We need your input to improve our program and document what is working. To fill out the Survey, please go here: <http://www.surveymonkey.com/s/9RB6TQS>