

Use this tool to note what makes you feel safer (or less safe) in different places. Complete it alone, with a trusted person, or with a support worker.

Date: _____ Where I'm based (optional): _____

1) What I need today to feel safer

Example: calm, privacy, transport, someone to check in, a quiet room.

2) My green flags (things that increase safety)

3) My red flags (signs a space or person feels unsafe)

4) Places I feel safest (and why)

5) Places I feel cautious / unsafe (and why)

6) My people (who I can contact)

Name(s), how to reach them, and what support you want from them.

7) My pathway (how I get there and back)

Transport plan, daylight vs night, pick-up options, and an exit plan if needed.

This page is optional. Use it to plan digital privacy, what to do if something feels wrong, and how you recover afterwards.

8) Digital safety (optional)

What I share online, privacy settings, and who can see my posts.

9) If something feels off (my small steps)

Example: text a friend, move to a public place, leave early, call for a ride.

10) Aftercare (how I come back to myself)

Example: rest, music, prayer, grounding, a safe meal, talking to someone.

11) Notes / resources I want to keep handy

Example: helplines, service names, a counsellor, a trusted community contact.