



Tip Sheet: How to Create an Assault Prevention Plan

It is important to be prepared and to stay safe in case someone ever tries to hurt you. Fill out the assault prevention plan on the next page on your own or with someone that supports you. Use the ten tips below to help you.

Ten Tips for Your Assault Prevention Plan

1. Know where the exits are and how you can escape if someone tries to hurt you. If you cannot leave, try to find a safe place where you can lock the door and call for help.
2. Always have your phone with you if you have one or know where you can find a phone in case you need to call for help.
3. Know who to call when you need help. Examples include: your supporter, the police, a family member, a friend, etc.
4. Stay away from unsafe places like dark alleys or abandoned areas. Stay in well-lit areas.
5. Try to go places with a group, especially if you are going somewhere at night. If you must go somewhere alone, always let someone know where you are going and when you will get there so they can get help if something goes wrong.
6. Do not stop to talk to strangers.
7. Do not go into a room or get in a car alone with people you do not know.
8. Walk on the sidewalk facing traffic so you can prevent cars from following you.
9. Avoid walking near places where someone can hide, such as doorways and bushes.
10. Wear clothes and shoes that you can run and move freely in.



Tip Sheet: How to Create an Assault Prevention Plan — continued

Assault Prevention Plan Example

1. If someone tries to hurt me, I will *know where the exits are, have my phone so I can call for help, and yell for help if there are people around me.*
2. If I want to avoid people who might try to hurt me, I will *stay away from dark alleys and places where there are no people. I will not go into a room alone with people I do not know.*
3. If I need to leave the room/area, I should *run to the closest exit. I should look around for people who can help me or call someone who can help me.*
4. If I cannot leave the room/area, I should *lock myself in a safe room and call for help.*
5. If I need help, I will call *my supporter or the police.*

Assault Prevention Plan

1. If someone tries to hurt me, what will I do to be safe?
 - I will _____.
2. If I want to avoid people who might try to hurt me, what will I do to stay safe?
 - I will _____.
3. If I need to leave the room/area, what should I do and where should I go?
 - I should _____.
4. If I can't leave the room/area, what should I do and where should I go?
 - I should _____.
5. If I need help, who should I call?
 - I will call _____.