

Wisáwca Project

Safety Plan Worksheet

January 2021

SUPPORT	Who is your support? ie. Partner, spouse, children, teacher, coaches, friends, counselor, peer, mentor, group, co-worker, teammate, etc.			
	Support Name(s)	Relationship to You	Contact Information	
RT				
Have	you informed your support of this	safety plan? Yes	Not Yet	
	Send your sup	port a copy of this COMPI	LETED safety plan.	
TEAM	Who will be on this plan with you? ie. Partner, spouse, children, parents, roommates, sibling, friend, etc.			
M	Name(s)	Relationship to You	Contact Information	
Are	these people aware of this safety pl	lan? Yes Not Yet		
Have	Have they created their own safety plan? Yes Not Yet			

Send your teammates a copy of this COMPLETED safety plan & a BLANK copy to fill out for themselves.

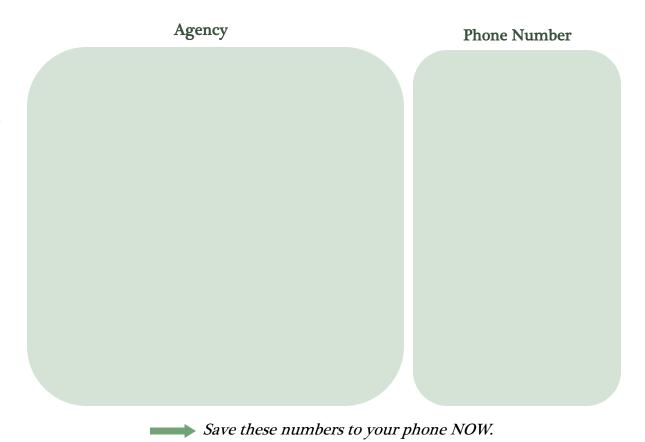
Which areas of your life will this plan include?

Think of your day to day schedule. Do you go to school/work? Do you drive your kids to school or daycare? Do you spend a lot of time at home? What about your weekend schedule? Do you travel? Alone? By car?

Ĭ	Daily Schedule	Location	Who are you with?		
ION	AM				
SCH	PM				
EDU	Who from your support/team will be your "phone buddy"?				
SCHEDULE & N					
	How often should they expect to	hear from you?			
THICA					
	Have you shared these worksheet	s with your phone buddy?	Yes Not Yet		
Z	Send your pl	hone buddy a copy of this Co	OMPLETED worksheet.		

Google Search your local law enforcement dispatch center.

Keep in mind that most dispatch centers go by jurisdiction, if you travel off of the reservation, or to different cities, counties or states you'll need those various numbers, as well.



List any travel activities, such as commute to/from work/school, walk/jog:

Do you often use the same route? Yes No

Are there safe alternate routes available? Yes

These routes are important to consider. A predatory individual could become aware of your schedule & routes. Taking alternate routes establishes unreliability to your time & location. If an alternate route is unavailable

please keep your support informed as to your location and travel time.

No

Google Maps possible safe alternate routes.

TRAIN YOUR MIND

Law enforcement & investigators will always ask many questions. It's often hard to remember details in stressful & high intensity situations. If we start training our minds NOW to think in detailed descriptions, we will more likely be able to provide more information to those helping in a search.

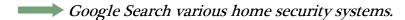
Describe what you are currently wearing:

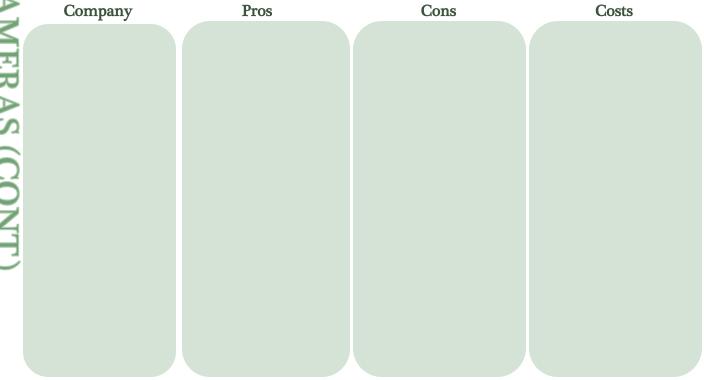
Parents might have multiple children, and even with a single child, remembering what they are wearing can be difficult. You may want to start taking pictures every morning after they get ready for the day for a couple of reasons, the main one being that you'll always have something to reference if they were to go missing BUT also, you'll have an album full of pictures to show your kids as they get older. :)

Practice giving detailed descriptions of various pictures of individuals.

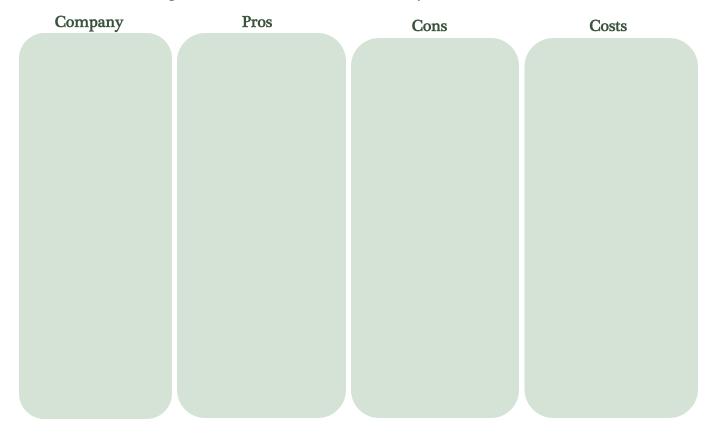
CAMERA

Does your home already have a security/camera system	? Yes No			
Do you spend a lot of time driving your vehicle? Yes	□ No □			
Do you spend a lot of time outside your home, in your garage, yard, etc? Yes 🔲 No 🗌				
Do walk/jog/bike ride away from your home often? Yes 🗌 No 🗌				
~ Camera Considerations ~				
Do want home cameras or dash cams?				
Do want an alarm system?				
Smoke detectors? CO2 detectors?				
How many levels are in your home?				
How many door entrances are in your home?				
How many windows would you need protected?				
Are panic buttons needed?				





Google search various dash cams & body cams.



Use a separate sheet a paper if you need more space.

How to save contacts in your phone:

When you save your contacts you should have somewhere in their info stating who they are to you. ie. John Doe—Husband; Jane Doe-Mom. If you lose your phone & someone finds your phone, they'd be able to identify who to call to return your phone.

List Your Supports	Relationship To You	Phone Number			
Go into your phone, and change contact info NOW.					
Location Settings:					
Does your support have access to your location on your phone? Yes Not Yet					
Do you know how to "drop a pin"? Yes Not Yet					
Look into phone s	settings for location, practice of	dropping pin with support.			
You'll need to keep in mind if keeping your location settings turned ON in certain apps is					

You'll need to keep in mind if keeping your location settings turned ON in certain apps is safe. Various apps allow for individuals to keep their location on at all times. Ex. SnapChat has a map with people locations posted. ANYONE can see where you are at any time.

Safe Phrase:

Setting up a safe phrase in your phone may be important for communicating with your support, quickly without detection. Think of a phrase that only you and your support will understand, that others would find out of the ordinary.

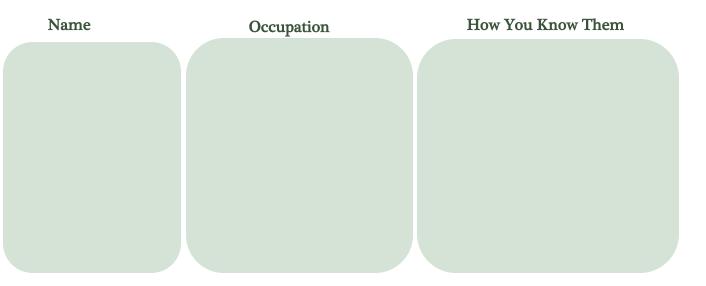
Text Typed:	Safe Phrase Sent:	

Keeping this information readily available to your support could be especially helpful to law enforcement, if you ever go missing.

PLACE OF SOLICE

RED FLAG LIST:

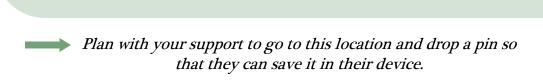
This list is YOURS. Do not be afraid to write down a name. If someone saw you or your children with this individual, your support would know something is not right. You might want to go over this list in detail with your support.



Go To Location:

In missing person reports, law enforcement commonly ask if there is a location the missing person might frequent. Some of use have a location we like to go to alone, maybe to pray or meditate. This is our safe space to relieve stress, BUT it is important to let our support know if we go to this location or where this place is, in case we go missing.

Where is this location:



R	Are you interested in self defense weapons? Yes Not Yet				
Ĭ	What weapons are you interested in gaining more information about?				
Ŧ	Knives Pepper Spray/Mace Taser/Stun Gun				
H	Firearm Empowered 1.0/2.0 Safety Kits				
HEZ	Google search self defense weapon options. Also search for training options available in your area.				
S	Device	Pros	Cons	Costs	
SELF DEFENSE TRAINING					
Aro v	you interested in physic	ical salf defense training?	Ves Not Vet		
Are you interested in physical self defense training? Yes Not Yet Google search self defense training in your area. You will also want to research different martial arts training					
	Discipline	Gyı	m Name	Cost	

*Disclaimer

As with any type of weapons training or self defense training, consistency is key. If you decide on any particular self defense weapon or martial arts discipline, do your research. Allow time for the muscle memory to build. This will all support your overall confidence in protecting yourself & this knowledge cannot be obtained with only a 2 or 3 hour workshop. Continue practicing and familiarizing yourself with whichever means you choose.

Wisawca	I understand to voluntary information & was completed with the ing. These worksheets serve only as a means to as forcement officials if I were to go missing. I have support This person hof this information to law enforcement if deemed missing. This worksheet was completed by mysel my own copy in a safe & secure location. This wo training officer from Enough Iz Enough.	utmos ssist my provid as full l helpfu f or a p	t thought & critical think of friends, family or law er ed signed copies to my permission to disclose and all in locating me, if I go arent/guardian. I will kee	- n- y
Proj	Print Name			
	Signature		Date	