



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
<input type="text"/>	<input type="text"/>	<input type="text"/>

Have you informed your support of this safety plan? Yes Not Yet

➔ *Send your support a copy of this COMPLETED safety plan.*

TEAM

Who will be on this plan with you?

ie. Partner, spouse, children, parents, roommates, sibling, friend, etc.

Name(s)	Relationship to You	Contact Information
<input type="text"/>	<input type="text"/>	<input type="text"/>

Are these people aware of this safety plan? Yes Not Yet

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?

Daily Schedule

Location

Who are you with?


AM

PM

Who from your support/team will be your "phone buddy"?

How often should they expect to hear from you?

Have you shared these worksheets with your phone buddy? Yes Not Yet

 Send your phone buddy a copy of this COMPLETED worksheet.

LOCAL DISPATCH

➔ 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.

Agency

Phone Number

➔ *Save these numbers to your phone NOW.*

ALTERNATE ROUTES

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 No

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.

➔ *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.*

CAMERAS

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?	

CAMERAS (CONT.)

➔ *Google Search various home security systems.*

Company

Pros

Cons

Costs

--	--	--	--

➔ *Google search various dash cams & body cams.*

Company

Pros

Cons

Costs

--	--	--	--

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 settings for location, practice dropping pin with support.*

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:

ELECTRONIC DEVICES (CONT.)

Passwords:

App/Device

Username

Password

App/Device	Username	Password

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

RED FLAG LIST

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.

Name	Occupation	How You Know Them

PLACE OF SOLICE

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:

➔ *Plan with your support to go to this location and drop a pin so that they can save it in their device.*

SELF DEFENSE TRAINING

Are you interested in self defense weapons? Yes Not Yet

What weapons are you interested in gaining more information about?

Knives Pepper Spray/Mace Taser/Stun Gun

Firearm Empowered 1.0/2.0 Safety Kits



Google search self defense weapon options. Also search for training options available in your area.

Device

Pros

Cons

Costs

Empty rounded rectangular box for Device notes

Empty rounded rectangular box for Pros notes

Empty rounded rectangular box for Cons notes

Empty rounded rectangular box for Costs notes

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

Gym Name

Cost

Empty rounded rectangular box for Discipline notes

Empty rounded rectangular box for Gym Name notes

Empty rounded rectangular box for Cost notes

***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.

Wisáwca Project

I _____ understand that this safety plan is completely voluntary information & was completed with the utmost thought & critical thinking. These worksheets serve only as a means to assist my friends, family or law enforcement officials if I were to go missing. I have provided signed copies to my support _____. This person has full permission to disclose any of this information to law enforcement if deemed helpful in locating me, if I go missing. This worksheet was completed by myself or a parent/guardian. I will keep my own copy in a safe & secure location. This worksheet was completed with a training officer from Enough Iz Enough.

Print Name

Signature

Date