

Building Your Safety Pyramid

Objective

To identify what makes you feel safe and unsafe and create a plan to increase your feelings of safety.

What to Know

Feeling safe is a basic need for you to grow, learn, and flourish. If you're in a place that's secure and protected, there is predictability and stability. You have established routines and you can "go with the flow" without worrying. If you don't feel safe, you might worry about your physical safety, lack emotional support from loved ones, or feel uncertain with your daily routines.

Your feelings of safety can change depending on where you are and how you feel. This worksheet will help you identify where you feel safe, and where and when you don't feel safe. You'll create a plan to increase your feelings of safety in different settings.

What to Do

In the pyramid on the next page, write down places, people, and things that make you feel safe in the base of the pyramid. You might write, "I feel the safest when I'm at my grandmother's house." In the middle section, write down things you're unsure about – you might feel nervous or worry when you are in certain situations. As you move higher up the pyramid, you might write, "I'm scared when I'm visiting a new place without my family." Then, use colored pens, crayons, or markers to color the pyramid to indicate different levels of safety. Use the lines to the right of the pyramid to write down other thoughts about when you feel safe or unsafe.

I don't feel safe!

**I'm not sure
about this!**

Safe!

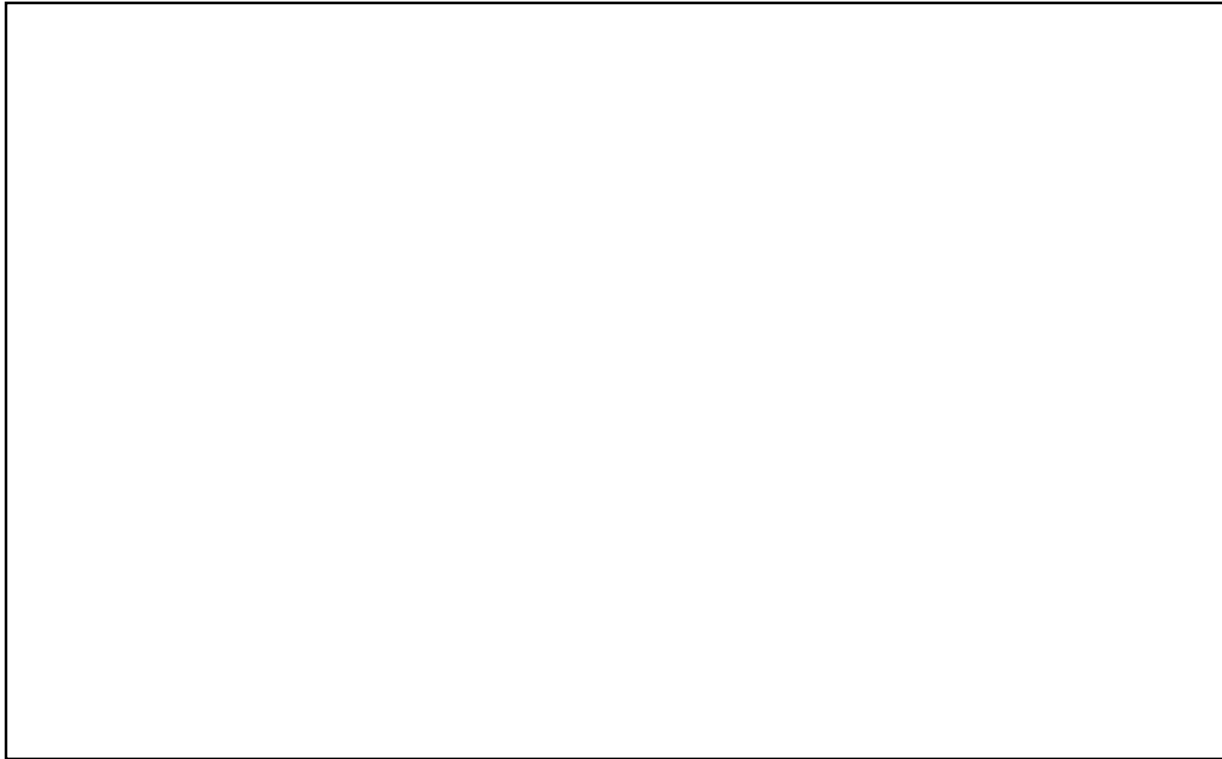
Write the top three places where you feel safe.

1. _____

2. _____

3. _____

Draw yourself in a safe space. Describe the location, who you are with, what it looks like, and any other details.



How do you feel when you're safe? Be specific.

How do you feel when you're unsafe? Use as many details as possible.

Now create your safety plan. Read each setting and write down how you can stay safe in each setting. Describe who can help you.

| Location: | What can you do? | Who or what can help you? |
|-----------------------|-------------------------|----------------------------------|
| At home | | |
| At school | | |
| At relatives' homes | | |
| At friends' homes | | |
| On the school bus | | |
| Other place: _____ | | |
| Other place: _____ | | |

What else can you do to make sure you are safe?

Reflections on This Exercise

How helpful was this exercise? _____
(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this activity?
