

# Safety Plan

My plan for keeping \_\_\_\_\_ and everyone else safe.

When I see \_\_\_\_\_ showing early signs of dysregulation, such as:

---

---

I will first **take a deep breath and remind myself to stay calm.** Then, I will set clear limits and state my expectations, firmly but kindly.

If \_\_\_\_\_ stops, I will praise him/her for making a positive choice, and move on. I will give positive reinforcement by: \_\_\_\_\_

---

If it continues, I will help \_\_\_\_\_ co-regulate by using the following calm down strategies: \_\_\_\_\_

---

Throughout this process, **I will remind myself to stay calm.**

If \_\_\_\_\_ becomes aggressive, I will let him/her know that the **only expectation right now is to calm.**

I will remember not to give consequences in the moment, remember not to try to teach in the moment, and I will keep everyone safe by: \_\_\_\_\_

---

Immediately after \_\_\_\_\_ has settled, I will **attend to basic needs** (food, water, bathroom, etc) and **provide time and space** (no demands) until they have **fully recovered.**

Once that is done, we can talk and plan about what will be done differently next time.