

Planning Ahead

To keep myself safe

Vulnerabilities

Everyone's got them - here are some of mine

People I can trust

Adults I can turn to

_____ Name _____	_____ Phone number _____
_____	_____
_____	_____
_____	_____

Phone numbers

Community help I can turn to

Central Valley Justice Coalition 559-725-1865
Crisis Text Line: Text "Listen" to 741-741
National Human Trafficking Hotline 1-888-373-7888
CyberTipline 1-800-843-5678

Actions I can take to stay safe in social settings

<ul style="list-style-type: none"><input type="checkbox"/> Memorize three numbers I can call<input type="checkbox"/> Keep in touch with someone I trust about where I am and who I'm with<input type="checkbox"/> Use the buddy system and not go out alone<input type="checkbox"/> Spend time with people who make me feel good about myself<input type="checkbox"/> Avoid meeting in person alone with someone I have talked to online<input type="checkbox"/> Leave when I feel uncomfortable<input type="checkbox"/> Practice saying "I know I made a mistake, but right now I need help."
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Actions I can take to stay safe online

<ul style="list-style-type: none"><input type="checkbox"/> Make my social media accounts private<input type="checkbox"/> Not answer calls or texts from unknown numbers<input type="checkbox"/> Trust my instincts and leave a conversation if something feels off<input type="checkbox"/> Avoid online relationships with people I don't know in person<input type="checkbox"/> Block and report anyone who acts inappropriately or pressures me<input type="checkbox"/> Be suspicious of someone who asks me to talk on another platform<input type="checkbox"/> Say no to pornography and ask for help when it pops up
