



# What's Your Safety Plan?

## Partying and Substances

CVTS Crisis Line: 250-338-1227

Many people party and like to have a good time. Please make sure you always have a safety plan in place.

- A safe person to call if you need a ride home or feel unsafe is: \_\_\_\_\_
- I can always ask: \_\_\_\_\_ for help.
- A serious code word that I have with my friends when we want to leave or feel uncomfortable is: \_\_\_\_\_
- If my phone dies I know I can: \_\_\_\_\_
- My safe person when I go out is: \_\_\_\_\_
- I know I've had too much and need to go home when I start feeling: \_\_\_\_\_
- How long I wait between drinks, lines, or hits: \_\_\_\_\_

### Nothing "free" is really free.

Consider intentions when accepting substances, "free" stuff is never really free. There may be expectations of a payment in other ways.

### Quiz

- What is the most frequently substance used in assaults?
- True or False, most sexual assaults happen in the victims own home?
- It it easy to make a safety plan and stick to it.

### Drinking



- **Keep your eye on your drink and if you feel off** (*slurred speech, fatigued, loss of control of body parts or movement, confusion, visual impairments, nausea, and dizziness*) **communicate with and/or call a safe person or 911 immediately.**
- **Know your limit**, blackouts are not a normal part of drinking. They indicate that you may have had alcohol poisoning.
- No one gets left behind. Dont leave a friend behind or with a predator who is too drunk. If someone passes out don't leave them behind.
- Have a plan even when having parties in your own home.



**NO ONE can legally give consent when under the influence.**

### Drugs



- Taking someone to the hospital who is overdosing **will not result in an arrest for either person involved.** Safety is most important.
- Be careful about combining substances. Some combinations may have serious health consequences.
- Get your drugs tested. Many substances are laced or cut with other cheaper or more harmful substances. Be careful and get testing strips locally at - Foundry, AVI, Connect, and Island Health.

Answers: Alcohol, True, It is hard to stick to a safety plan - it takes effort



# What's Your Safety Plan?

## Relationships and Mental Health

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- I know I need to leave when: \_\_\_\_\_
- I can always call: \_\_\_\_\_ in a crisis or for help.
- Two safe people are: \_\_\_\_\_
- My local safe house phone number: \_\_\_\_\_
- Where do I keep my grab and go bag? \_\_\_\_\_
- Can I/have I opened a separate bank account? \_\_\_\_\_
- Have I connected with local legal supports? \_\_\_\_\_
- Local resources I can access: \_\_\_\_\_
- A safe place I can stay at is: \_\_\_\_\_

### Local Resources:

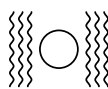


- **Lilli House Safe Shelter:** 250-338-1227
- **Vancouver Island Crisis Line:** 1-888-494-3888
- **KUU-US Crisis Services:** 1-800-588-8717
- **Women's Counselling (STV)** 250-897-0511
- **Sexual Assault Services:** 250-650-5488
- **Community-Based Victim Services** 250-338-7575 ext. 225/226
- **VLM Multicultural Family Support Services Society** 1-604-436-1025

### Things to take when you leave:



- ID (Birth Certificate, SIN #, driver licence, Passport, etc.) for yourself and your children
  - Medications, medical records, and educational records/certificates
  - Cell phone, laptop, and other electronics
  - Keys (car, house, storage etc.)
  - Money, credit cards, gift cards, banking information, and chequebook
  - Legal paperwork or marriage certificate.
  - Rental agreement or deed for your house
  - A change of clothes
- Sign out of accounts and clear passwords on other devices that you are leaving behind: Social media, banking apps, etc.



**Humming** can help to calm your nervous system when you are feeling threatened, activated, and/or stressed. Try taking deep breaths in and humming each breath all the way out or humming to a song when you notice yourself feeling this way.



### Psychological Safety Plan

- Three things I notice when I am feeling activated: \_\_\_\_\_
- Three things I can do that help soothe my nervous system: \_\_\_\_\_
- One healthy thing I can do for myself tonight: \_\_\_\_\_
- One thing that keeps me going: \_\_\_\_\_
- Three things that I am grateful for: \_\_\_\_\_