

# Safety plan

## Find a safe place

Decide on a safe place at home you will go to when you feel threatened.

## Stay out

Stay out from the situation; it is not your duty to defend your parents, it can actually be dangerous for you.



## Do things you like

Do something that normally lifts your mood – **listen to music, watch videos or a movie.** Use headphones.

## Call for help

**If you're worried, call for help.** You can call someone in your family – your grandmother, uncle or someone else. Another option is to call the police, which is 158. **It's important to say you need help, what's happening and give your address.**

## Talk about your feelings

Don't be afraid **to tell someone how you feel.** It could be a teacher, school psychologist, club leader, coach or other adult. It is normal to feel sad, angry or scared. **Talking about it can help you.**

You can call the helpline at any time, even in the middle of the night. **The phone number is 116 111 (CZ).** You can also confide anonymously. There are also chat rooms, for example at [www.linkabezpeci.cz](http://www.linkabezpeci.cz).