

STUDENT ACTION PLAN/Be Safe

STUDENT INFORMATION

Student Name:	DOB:	Grade:
Homeroom Teacher:	Date:	
Parent/Guardian:	Contact #:	

SUPPORTING INFORMATION *Please note that this action plan is not intended to replace professional or emergency advice.*

For student: The information below is intended to empower you to reach out safely. You may also wish to create your action plan by downloading the free Be Safe *app*  for IOS and Android.

Kids Help Phone: 1-800-668-6868; www.kidshelpphone.ca (Live Chat)

Actions I will take to help myself cope (list all)

--

School staff I can reach out to if I need help (list at least 2 names and where to locate)

--

What I need from others if I ask for help

--

Things, people and places that calm me

--

Important things in my life

--

People or resources that I can contact when I'm not at school (names & phone numbers)

--

SIGNATURES

Student:	Date:		
Principal or Designate:	Date:		
Parent/Guardian:	Date:		
Student has a copy <input type="checkbox"/>	Parent/Guardian has a copy <input type="checkbox"/>	School has a copy <input type="checkbox"/>	Connected to services <input type="checkbox"/>