

# Ever been in a situation where you felt scared or worried?

Reduce your risk by having a **SAFE PLAN**

## SAFE PLANS

- S**AY SOMETHING
- A**SK THEM TO STOP
- F**EELING UNEASY
- E**XIT

If the situation is very risky or dangerous you should go straight to E  
Exit the situation

## REMEMBER

- Look out for your i-triggers
- Don't be impulsive on the road: stop, think, then act
- Use a SAFE plan if you feel at risk



**Learn 2 Live**

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