

## Am I doing what I need to do to keep myself safe?

(Adapted from a teaching tool created by L'Arche Toronto)

Check all that apply to you and please share with someone you trust to find out if you need any additional support.

When discussing safety, it is important to keep in mind the difference between who is a **stranger**, who is an **acquaintance** and who is a **friend**.

A **stranger** is someone you don't know, or have just met. He or she could be very nice, but that doesn't mean you should automatically trust that person.

An **acquaintance** is someone you know a little bit, but haven't gotten to know well.

A **friend** is someone you've known for a while and have gotten to know well.

### Home:

I lock all doors and I close all windows when leaving or sleeping. \_\_\_Yes \_\_\_No

I have a cordless phone or cell phone. \_\_\_Yes \_\_\_No

I have emergency contact phone numbers posted near my house phone and programmed in my cell phone. \_\_\_Yes \_\_\_No

I have a working flashlight. \_\_\_Yes \_\_\_No

I have a well-lit lobby or door to my home. \_\_\_Yes \_\_\_No

I don't open the door for strangers. \_\_\_Yes \_\_\_No

I only tell trusted friends or family when I'm not at home. \_\_\_Yes \_\_\_No

**Phone:**

I should not give my name, phone number, or address to strangers on the phone.

Yes  No

I have caller ID.  Yes  No

I hang up if a caller is rude or I feel uncomfortable.  Yes  No

**Internet:**

I don't tell anyone on the internet my real name, address, phone numbers, email addresses, passwords, or credit card numbers.  Yes  No

I tell someone I trust when someone online asks for personal information.

Yes  No

I do not talk to anyone online that is bothering me.  Yes  No

I block people who are bothering me from contacting me.  Yes  No

I do not meet anyone I talk to online by myself.  Yes  No

I only meet people I talk to online in public.  Yes  No

I have high security settings on social media sites like Facebook.  Yes  No



**Street:**

I travel mostly in daylight hours. \_\_\_Yes \_\_\_No

I travel in well-lit areas after dark. \_\_\_Yes \_\_\_No

I travel with someone after dark. \_\_\_Yes \_\_\_No

I only carry small sums of money when traveling. \_\_\_Yes \_\_\_No

I travel in places where there are lots of people. \_\_\_Yes \_\_\_No

If I feel scared I go to a safe place for help. \_\_\_Yes \_\_\_No

I know people in my area that I can go to for help. \_\_\_Yes \_\_\_No

I know what to do if I feel uncomfortable when walking alone. \_\_\_Yes \_\_\_No

I always tell someone where I'm going. \_\_\_Yes \_\_\_No

**Banking:**

I have my PIN number memorized. \_\_\_Yes \_\_\_No

I ask only banking employees or trusted adults if I need help. \_\_\_Yes \_\_\_No

I don't share my PIN, debit cards, credit cards with anyone. \_\_\_Yes \_\_\_No



**Health:**

I feel comfortable with my doctors or healthcare professionals. \_\_\_Yes \_\_\_No

I speak up if I am not comfortable with any medical practice or procedure.

\_\_\_Yes \_\_\_No

I have a friend, or support person who will come with me on doctor's visits. \_\_\_Yes \_\_\_No

I have a good doctor that I trust. \_\_\_Yes \_\_\_No

If I take medication, I know the names of the medications, how much I take and what each one does. \_\_\_Yes \_\_\_No

If I don't feel well, I know who to tell. \_\_\_Yes \_\_\_No

**Relationships:**

I feel good about myself when I am with my family and friends. \_\_\_Yes \_\_\_No

I have supportive family and friends. \_\_\_Yes \_\_\_No

I trust my family and friends. \_\_\_Yes \_\_\_No

My friends and family respect my feelings. \_\_\_Yes \_\_\_No

I am able to practice my own spiritual beliefs. \_\_\_Yes \_\_\_No

I am comfortable with the amount of physical contact I have with friends and family.  
\_\_\_Yes \_\_\_No