

## Safety-Focused Parenting Plan - How Do I Know If I Should Use This Plan?

---

How do I know if I need a safety-focused parenting plan?

This list can help you decide.

Has the other parent:

- ever acted like violent behavior toward you or a child is okay?
- damaged or destroyed property during an argument?
- harmed a pet when angry?
- threatened or attempted to commit suicide?
- pushed, slapped, kicked, punched or physically hurt you or a child?
- had problems with alcohol or other drugs?
- needed medication to be safe around others?
- threatened not to return your child/ren? Or kept your child/ren from you?
- used a weapon to threaten or hurt you, a child, or anyone else?
- threatened to kill you, a child, or anyone else?
- sexually abused you, a child, or anyone else?
- been served with a protection order or no-contact order?
- been arrested for harming or threatening to harm you, a child, or anyone else?

If you answered "yes" to any of these questions, please continue to take your safety, and your children's safety, seriously. In addition, you may choose to create a safety focused plan.