



Nebraska Youth
Suicide Prevention

PERSONAL SAFETY PLAN INSTRUCTIONS

If a student has experienced suicidal thinking and/or behaviors, a school-based safety plan: “*Personal Safety Plan*” will assist the student and parent/guardian in moving past those experiences toward the goal of completing their school experience positively. Completing the Safety Plan with a professional staff allows for a conversation between the student, parent/guardian, and school staff that can focus on a process to promote the safety of the student.

There are practical supportive steps that can promote safety. This can be as simple as jotting down steps the student can take or you can use the “*Personal Safety Plan*” form. It can include interventions such as:

1. Communicating with the parent/guardian routinely and as needed,
2. Developing a crisis response strategy if the student presents a threat to personal safety,
3. Modifying classroom expectation as needed,
4. Communicating with community mental health providers,
5. Providing continuous adult supervision in areas when participating in activities under the school’s supervision,
6. And, other interventions as deemed necessary.

Example:

Safe things I can do to take my focus off my problems or suicidal thoughts:

1. *I will take several deep breaths and use my strengths if my thoughts keep focusing on my pain.*
2. *When I am drawn to suicidal thoughts or behavior, I will reach out to someone safe.*
3. *If I have social media, I will look at positive messages that I, and others, have posted.*
4. *I will remember that whatever is scaring, bothering me, or filling my mind with suicidal thoughts, it will pass quickly when I focus on a positive, “I am valuable and am cared for by many people.”*

Establish time parameters to review the plan (e.g., after one week or after one month). The plan is not intended to be in place for a long period of time. Ensure the student and parent/guardian are involved in the plan and aware of what it entails.

Encourage the student and parent/guardian to initial and date the “*Personal Safety Plan*.”