

The Resilience Approach

SAFETY SCRIPT



Purpose: A Safety Script gives us words to say in order to help a person feel safe. When a person is acting angry, it's often because they don't FEEL SAFE. Safety scripts are a way to connect behavior and safety. Use the template below, filling in words that fit the situation.

This is a safe _____ (*provide the safe noun; i.e. place, family, space, etc.*),
it is important that no one _____ you (*name the behavior you want the individual to stop*),
so it is important that you not _____ (*again name the behavior you want to stop*),
because this is a safe _____ . (*repeat the safe noun; i.e. place, family, space, etc.*)

This is a safe family,

It is important that no one hit you

So it is important that you not hit anyone

Because this is a safe family.

The Resilience Project is a Strong Families Safe Communities Project administered by Hamilton County DD Services with funding support from Ohio DODD and MHAS. Partner organization include Clermont County Board of DD, Lighthouse Youth Services, Greater Cincinnati Behavioral Health, and Finding Hope Consulting.