



University of Iowa
Stead Family
Children's Hospital

S.A.F.E. Program: Worksheets and Resources

In this packet are:

Home Safety Strategies
Safety Planning Strategies
Resources



Home Safety Strategies

Secure and lock up objects your child could use to hurt themselves or others, such as:

- All medicines, drugs, and alcohol, even all over-the-counter medicines
- Toxic chemicals, such as bleach, cleaning products, yard products, and pest poisons
- Sharps, such as knives and razors
- Items that could be used for strangulation, such as belts, cords, ropes, and sheets
- Guns and ammunition
 - Be triple safe by keeping guns unloaded and locked, and ammunition locked away from the guns
- Items that may be easily broken or used as a weapon (if your child has destructive or aggressive behaviors)

Make sure your child does not know where the locked items are hidden.

Supporting Your Child

Structure and keeping your normal routine are the most useful tools to manage severe behaviors. Also try to:

- Have a low-key atmosphere
- Follow your normal house rules
- Pick your battles
- Encourage your child to go to school, unless told not to by your child's provider
- Give medicines following your child's medical or psychiatric provider's instructions
- Increase supervision until a crisis is over
- Use your resource packet

What should I do if there is another crisis?

If you believe your child presents a danger to themselves or others, take them to the nearest Emergency Department (ED). If you cannot safely get your child in your own vehicle, call 911 to have them taken to the ED. You can also use one of the crisis lines listed on the resource sheet to help problem solve for you and your family.



Safety Planning

Think about the categories below for safety planning:

- **Strangulation or suffocation:** belts, scarves, sheets, cords, ropes, and plastic bags
- **Overdose or ingestion:** all over-the-counter medicines, drugs and alcohol, and toxic chemicals, such as bleach, cleaning products, yard products, and pest poisons
- **Gun and ammunition:** be triple safe by keeping guns unloaded and locked, and ammunition locked away from the guns
- **Fire safety:** lighters and matches
- **Sharps and tools:** knives, razors, craft supplies, and other tools
- **Electronics:** internet access, social media, phone, and cyberbullying

Home Safety Sweep: Common objects of concern by room

Kitchen: knives, garbage bags, and cleaning supplies

Living Room and Family Room: TV and lamp cords

Bathrooms: razors, cleaning supplies, over-the-counter and prescription medicines

Bedrooms: belts, sheets, and metal hangers

Other Living Spaces (Home Office and Basement): storage and scissors

Garage, Tool Shed, and Outdoors: ropes, yard and garden chemicals, and tools

This is not a complete list, but ideas to get you started so you can be more aware of risks in your home.



S.A.F.E. Resources

- **National Suicide Prevention Hotline:** 1-800-273-8255 (call or chat)
- **Iowa Helpline:** iowahelpline.org (call, chat, text)
- **Johnson County Crisis Line:** 1-855-325-4296 (call or chat)
- **National Alliance on Mental Illness (NAMI) Johnson County:**
<https://namijc.org/>
- **Internet Safety:** webmd.com/parenting/guide/internet-safety#1
- **Bullying and tips for intervention:** stopbullying.gov
- **Smart911 Profile:** smart911.com
- **Safe medication storage and disposal:**
state.ia.us/government/odcp/images/pdf/How_to_Secure_and_Dispose_Poster.pdf
- **Firearm Storage Safety Tips:** projectchildsafe.org/safety/safe-storage
- **Lock boxes:** buy these online or in stores to secure medicines, sharps, and firearms