

StreetWise Women (TM) Level 1 Workbook

S.A.F.E. Method (TM) worksheets

Personal Safety Plan

Awareness - Boundaries - Emergency readiness

Print this workbook or complete it on screen. Work through the S.A.F.E. worksheets alongside Modules 2 to 7, then finish the Personal Safety Plan with Module 8. Nothing you write here is submitted to us - it is yours.

Name: _____ Date: _____

How to use this workbook

This workbook is the written companion to StreetWise Women (TM) Level 1. It has two parts: repeatable S.A.F.E. Method (TM) worksheets you complete for the places you actually spend time in, and a Personal Safety Plan you finish once and review twice a year.

- ☐ Complete one S.A.F.E. worksheet per environment: home approach, workplace, transit route, evening venue, parking, travel destination.
- ☐ Be specific. 'Well-lit street' is not a plan; 'left out the side door, cross to the 24-hour pharmacy on Bay' is.
- ☐ Options are always plural. If a worksheet has only one exit written on it, it is not finished.
- ☐ Rehearse the Personal Safety Plan out loud with the people named in it. A plan that has never been spoken is a hope.
- ☐ Review after any incident, any move, and every six months.

THE S.A.F.E. METHOD (TM)

SCAN	People, exits, lighting, obstacles, where help is.
ASSESS	What is normal here, and what has changed?
FIND OPTIONS	At least two ways to increase distance or reach people.
EXIT EARLY	Take the cheap option now, not the expensive one later.

Level 1 is awareness, decision-making and emergency readiness. It is not physical self-defence, legal advice, or a guarantee against crime. Hands-on application belongs to Level 2 (Practical) and Level 3 (Scenario Lab).

Worksheet 1 - Home approach

The last 200 metres to your door, and the door itself.

LOCATION / SITUATION

DAY AND TIME (BASELINE) - what does normal look like here at this hour?

S - SCAN - people, exits, lighting, obstacles, where help is

A - ASSESS - what would count as a change? direction, distance, pace, attention, numbers

F - FIND OPTIONS (AT LEAST TWO) - named places, people, routes

E - EXIT EARLY - my trigger to leave, and what I do first

HABIT TO CHANGE - phone away, one ear out, vary the transition

Worksheet 2 - Workplace and commute

Your building, its transitions, and the route in and out.

LOCATION / SITUATION

DAY AND TIME (BASELINE) - what does normal look like here at this hour?

S - SCAN - people, exits, lighting, obstacles, where help is

A - ASSESS - what would count as a change? direction, distance, pace, attention, numbers

F - FIND OPTIONS (AT LEAST TWO) - named places, people, routes

E - EXIT EARLY - my trigger to leave, and what I do first

HABIT TO CHANGE - phone away, one ear out, vary the transition

Worksheet 3 - Transit and travel

Platforms, carriages, stops, rideshare pickups.

LOCATION / SITUATION

DAY AND TIME (BASELINE) - what does normal look like here at this hour?

S - SCAN - people, exits, lighting, obstacles, where help is

A - ASSESS - what would count as a change? direction, distance, pace, attention, numbers

F - FIND OPTIONS (AT LEAST TWO) - named places, people, routes

E - EXIT EARLY - my trigger to leave, and what I do first

HABIT TO CHANGE - phone away, one ear out, vary the transition

Worksheet 4 - Evening venue

Bars, restaurants, events - arrival, the room, the exit.

LOCATION / SITUATION

DAY AND TIME (BASELINE) - what does normal look like here at this hour?

S - SCAN - people, exits, lighting, obstacles, where help is

A - ASSESS - what would count as a change? direction, distance, pace, attention, numbers

F - FIND OPTIONS (AT LEAST TWO) - named places, people, routes

E - EXIT EARLY - my trigger to leave, and what I do first

HABIT TO CHANGE - phone away, one ear out, vary the transition

Worksheet 5 - Parking and vehicles

Garages, lots, the walk to the car, the car itself.

LOCATION / SITUATION

DAY AND TIME (BASELINE) - what does normal look like here at this hour?

S - SCAN - people, exits, lighting, obstacles, where help is

A - ASSESS - what would count as a change? direction, distance, pace, attention, numbers

F - FIND OPTIONS (AT LEAST TWO) - named places, people, routes

E - EXIT EARLY - my trigger to leave, and what I do first

HABIT TO CHANGE - phone away, one ear out, vary the transition

Worksheet 6 - Blank (any environment)

Copy this page for anywhere else you spend time.

LOCATION / SITUATION

DAY AND TIME (BASELINE) - what does normal look like here at this hour?

S - SCAN - people, exits, lighting, obstacles, where help is

A - ASSESS - what would count as a change? direction, distance, pace, attention, numbers

F - FIND OPTIONS (AT LEAST TWO) - named places, people, routes

E - EXIT EARLY - my trigger to leave, and what I do first

HABIT TO CHANGE - phone away, one ear out, vary the transition

Scenario debrief

Use this after any Scenario Lab (TM) exercise or a real situation that made you uneasy. Write it the same day.

SCENARIO 1 - WHAT HAPPENED

WHAT I NOTICED FIRST

DECISION I MADE, AND WHEN

WHAT I WOULD DO EARLIER NEXT TIME

SCENARIO 2 - WHAT HAPPENED

WHAT I NOTICED FIRST

DECISION I MADE, AND WHEN

WHAT I WOULD DO EARLIER NEXT TIME

Personal Safety Plan - contacts and check-ins

A plan is four things written down: two emergency contacts, your check-in habit, your fallback locations on routes you use often, and what happens if you do not respond.

EMERGENCY NUMBER WHERE I LIVE

EMERGENCY NUMBER WHERE I TRAVEL - *confirm before each trip*

NON-EMERGENCY / TEXT-TO-EMERGENCY OPTIONS

CONTACT 1 - NAME, RELATIONSHIP, PHONE

CONTACT 2 - NAME, RELATIONSHIP, PHONE

MY CHECK-IN HABIT - *who, when, by what method*

IF I DO NOT RESPOND, THIS PERSON WILL...

Personal Safety Plan - routes, fallbacks and phone

ROUTE A (DESCRIBE)

FALLBACK LOCATIONS ON ROUTE A - open, staffed, well-lit

ROUTE B (DESCRIBE)

FALLBACK LOCATIONS ON ROUTE B

PHONE SET-UP CHECKLIST

- ☐ Emergency SOS enabled and tested
- ☐ Medical ID completed (allergies, conditions, contacts)
- ☐ Location sharing on with one trusted person
- ☐ Lock-screen emergency contact set
- ☐ Charging habit: I leave with above 50%
- ☐ Offline map of my area downloaded

MEDICAL ESSENTIALS OTHERS MUST KNOW

PLAN REHEARSED OUT LOUD WITH - name and date

NEXT REVIEW DATE

After an incident

Order matters: get safe first, then medical care if needed, then write down what you remember while it is fresh, then decide about reporting. Support services exist independently of whether you report, and you can access them at any point - including much later.

- ☐ I am somewhere safe
- ☐ Medical care sought if needed
- ☐ Written account made while fresh
- ☐ Photographs / messages preserved
- ☐ Reported (optional - my choice, on my timeline)
- ☐ Support service contacted
- ☐ Plan reviewed and updated

WHAT I REMEMBER - PEOPLE, TIMES, WORDS, DIRECTION OF TRAVEL

SUPPORT SERVICES I CAN CALL
