



# Personal Safety Nets

Worksheets Adapted from  
<http://www.personalsafetynets.org/>

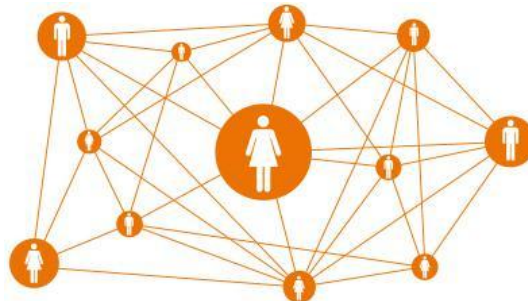
## What are Personal Safety Nets?

Emergencies, disappointments, crises, and painful times seem to happen when we're not expecting them. When they do happen, we might be told to *pull ourselves up by the bootstraps*. *We buck up. We grin and bear it*. In the middle of the most painful times of our lives, messages we might be given make it sound like we're supposed to be alone with our boots and our fake smiles.

The folks at Personal Safety Nets (<http://www.personalsafetynets.org/>) have another idea that seems much more practical to me. Their advice? Gather people around you who agree to help each other in times of need – *before* an emergency happens. That way, nobody is going it alone. They call the group a Personal Safety Net, and they've created a workbook to help work through the process. As the founders of Personal Safety Nets describe it, "A Personal Safety Net (PSN) is a . . . web of plans, resources, and people who come together to give meaning, support, ease, safety and security to your life."

In Bridge, we believe that creating an intentional Personal Safety Net can help make it easier to stay in school throughout Bridge – and, if you choose, well beyond Bridge. We also believe that a Safety Net can help strengthen your personal ties and your sense of commitment to those you care about, as you commit to being part of a safety net for others. In short, we think this is pretty great stuff.

What you'll see next is a basic worksheet to help you begin thinking about building your Personal Safety Net to help you through the nine months of Bridge. If you like the idea of thinking through these questions and want to go more in-depth, please let us know, and we can get a copy of the full Personal Safety Nets workbook for you (which is quite involved).



## Who are the people in life that you count on more than anyone else?

Name \_\_\_\_\_

Contact Info: \_\_\_\_\_

Name \_\_\_\_\_

Contact Info: \_\_\_\_\_

Name \_\_\_\_\_

Contact Info: \_\_\_\_\_

What information about you do they need to know, in order to help in an emergency?

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**\* Make sure each person on this list knows that you are counting on them for support, so everyone can team up and help you, when you need it.**



**SCHOOL:**

**If you had an emergency, who are three people in Bridge who you can contact for help with Bridge-related stuff (homework, problem-solving what to do about absences, etc.)?**

Name \_\_\_\_\_

Contact Info: \_\_\_\_\_

Name \_\_\_\_\_

Contact Info: \_\_\_\_\_

Name \_\_\_\_\_

Contact Info: \_\_\_\_\_

What information about you do your Bridge supporters need to know, in order to help in an emergency?

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**\* Make sure each person on this list knows that you are counting on them for support, so everyone can team up and help you when you need it.**



## PERSONAL LIFE:

If you had an emergency, who might you contact for help with your personal responsibilities (kids, caregiving for elders, siblings, community responsibilities, pets, etc.)? Who might you contact to help you with your own needs (for example if you became ill)?

Name \_\_\_\_\_

Contact Info: \_\_\_\_\_

Name \_\_\_\_\_

Contact Info: \_\_\_\_\_

Name \_\_\_\_\_

Contact Info: \_\_\_\_\_

What information about you do supporters in your personal life need to have, in order to help in an emergency? (Which phone numbers do they need, for example?)

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\_\_\_\_\_

**\* Make sure each person on this list knows that you are counting on them for support, so everyone can team up and help you, when you need it.**



## **WORK:**

**If you have a job, which coworkers might you ask for help if you had an emergency? (This might or might not be needed, depending on your job – but coworkers could be an important communication tie between your job and your family, during an emergency.)**

Name \_\_\_\_\_

Contact Info: \_\_\_\_\_

Name \_\_\_\_\_

Contact Info: \_\_\_\_\_

What information about me do my supporters at work need to know, in order to help me in an emergency?

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**\* Make sure each person on this list knows that you are counting on them for support, so they can team up and help you when you need it.**



Personal Safety Nets are about creating circles of community who care for one another. We do this in Bridge, with our education. You might consider doing this in your personal life as well.

**Who are the people in your personal life that you might want to support in their times of need?**

Name \_\_\_\_\_

Contact Info: \_\_\_\_\_

Name \_\_\_\_\_

Contact Info: \_\_\_\_\_

Name \_\_\_\_\_

Contact Info: \_\_\_\_\_

Do they know that you are there for them in times of need – if a crisis were to happen, that you will be one of the people in their lives who is there to help make it through each day? (If not, how might you share this information?)

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### **IMPORTANT FINAL CHECKLIST:**

- **Have you saved the names and contact information of your Personal Safety Net somewhere safe, so you can find them when you need them?**
- **Have you had a conversation with everyone who you hope will be part of your Personal Safety Net?**
- **Have you shared your hope to support someone else?**