

WHEN THINGS ARE ESCALATING

A one-page pause plan for the next safe step

Safety first

Move people and unsafe objects away if you can do so safely. Use fewer words. Lower your voice. Offer one safe choice. Do not lecture, argue, threaten, or demand an apology during peak distress.

Try one short sentence:

“I will not let anyone get hurt. I am nearby. We can talk later.”

Emergency boundary

If someone is in immediate danger, use local emergency services. This page is not an emergency plan, risk assessment, or replacement for professional support.

My early warning signs and my next safe step
