

# Using the Feeling Safe, Being Safe Materials



The DDS **Feeling Safe, Being Safe Red Folder** contains the tools you need to create your personal plan and know what to put in your emergency kit. You will find an instructional DVD, Worksheet and Magnet that will help you feel and be safe.

## STEPS

#1

**Watch the DVD:** Learn from Sam why being prepared is important. See how to complete your Worksheet and Magnet and how to personalize an emergency kit.

#2

**Complete the Worksheet:** Complete the Worksheet using important information about you and what you need. You will need to gather important information before beginning the Worksheet. Remember, have someone help you.

#3

**The Magnet:** Fill out your Magnet with permanent marker using the information from your Worksheet. Post the Magnet on your refrigerator or a place where people can see it in an emergency.

For more information contact:  
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