Student Name: _____

Sharing and Reflection: Party Safety Plan

INSTRUCTIONS: In this activity, you will create a personal party safety plan that you can use when planning an outing with friends.

My Group:

- Who I'm going with: _____
- My Buddy System (check-in friend): _____
- Our Code Word: _____

Transportation:

- How I'm getting there: _____
- How I'm getting home: _____
- Backup option: _____

My Boundaries and Safer Use:

- My personal limits: _____
- How I'll reduce risks if I use (e.g pacing, eating, avoiding mixing, etc):

  _____

Handling Pressure:

- Things I can say or do if I feel pressured: _____

  _____

Emergency Contacts:

- Trusted adult & phone number: _____
- Backup adult/friend & phone: _____
- Local taxi/rideshare: _____

Copyright 2025 Cannabis Health Evaluation and Research Partnership. All Rights Reserved.

Student Name: _____

Staying Safe at the Party:
My top 3 safety goals for tonight: 1. _____ 2. _____ 3. _____

If Something Goes Wrong:
• What I will do if a friend is too intoxicated: _____ _____ • What I will do if I feel unsafe or overwhelmed: _____ _____ • What to say if I need to call emergency services (e.g location, what happened, etc): _____

After the Party:
• Who I will check in with the next day: _____ _____ • How I will reflect on my choices: _____ _____

Copyright 2025 Cannabis Health Evaluation and Research Partnership. All Rights Reserved.