

Zizou's Family Safety Planning Book



Metro Office of
Family Safety

တၢ်တူၢ်လိၤမ့ၢ်ဘၣ်သ့ **ברוך הבא**

환영 Benvenuto

بخير بهين

BEM-VINDO

WELKOM خوش آمدید

MURAKAZA NEZA

WILLKOMMEN

WELCOME

BIENVENIDOS

KARIBUNI

KARIBUNI ክንኳን ደህና መጡ

SOO DHOWOW

ONG MUAK UNG

स्वागत

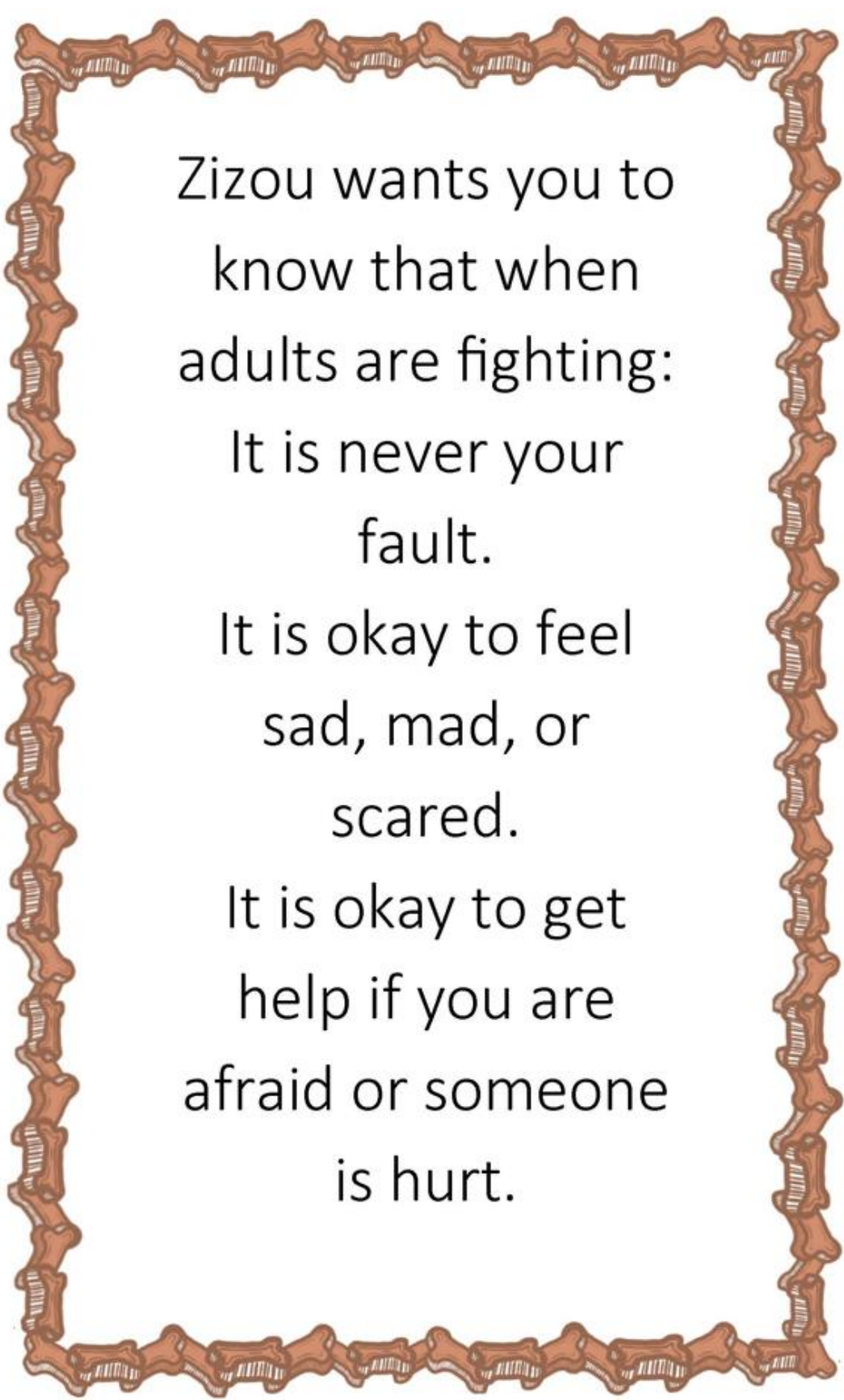
欢迎 أهلاً و سهلاً

Zizou is a support
dog at the Family
Safety Center.



Zizou cares about you.
She wants you and your
family to be safe.





Zizou wants you to
know that when
adults are fighting:
It is never your
fault.

It is okay to feel
sad, mad, or
scared.

It is okay to get
help if you are
afraid or someone
is hurt.



ZIZOU

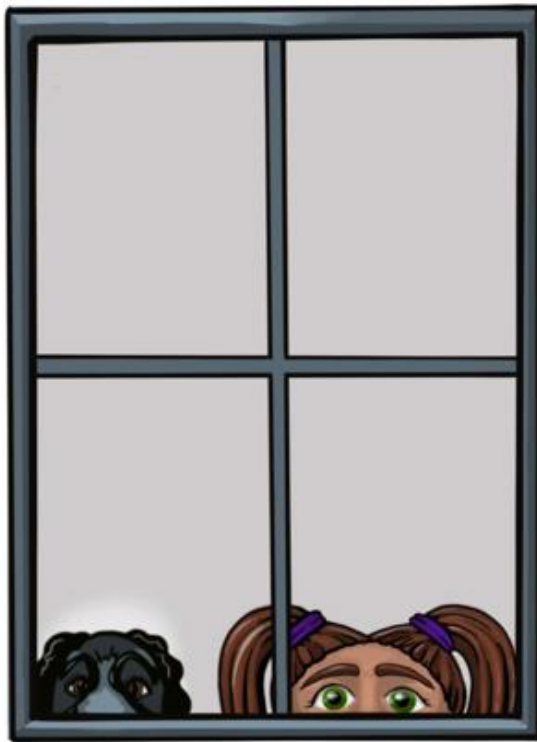
Tell Zizou about a safe place
inside your house:

When adults are fighting go to
a different room. It is safest to
stay away from the kitchen and
bathroom.

When Zizou calls 9-1-1,
they will ask her:
Her name
Her location
What is happening around her.



If you call 9-1-1 it is important that you listen
to what they tell you and do not hang up or
turn off the phone.

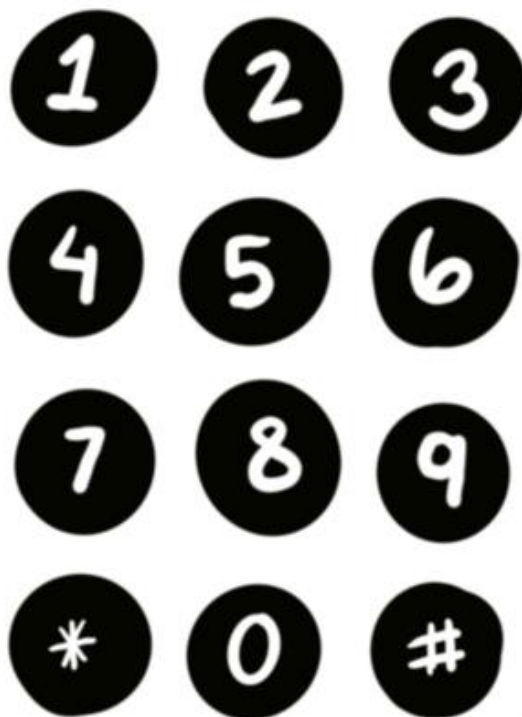


If you call
9-1-1 stay
on the
phone until
the police
come to
check on
you.

Do not turn
off the
phone.



Sometimes we have to go to or call
a trusted adult for help if you are
not safe.



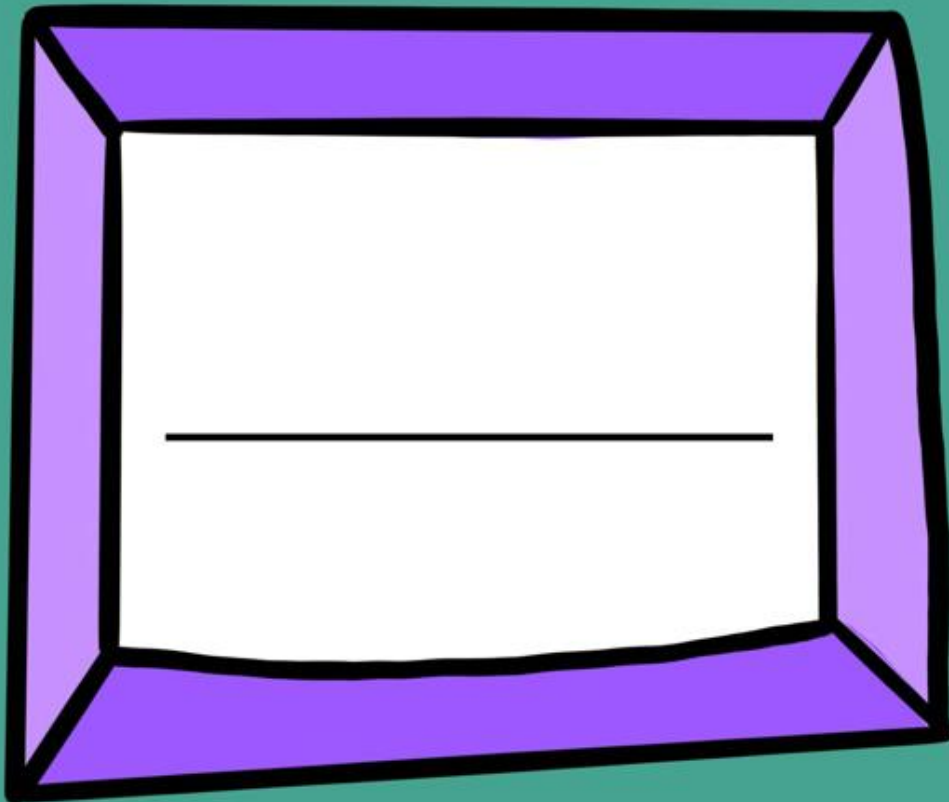
Safe adult that I can call:

Phone number:



Sometimes families need to have a code word that signals for me to call for help.

My family's code word is:



When I hear the code word, I should call:

If there is a fight and you do not feel safe:


Do not try to stop the fight.

Go to your safe place.

Call for help.

Always run away if you see a gun or weapon.





Here is a picture of
something that I can think of
that makes me happy if I am
upset or scared:

Zizou wants you to remember:
Fighting and arguing are never your fault.
Go to a safe place.
Call for help when you hear your code word.
Talk to a safe adult about what is going on.



Written by: Jackie Kutcher, MSW
Illustrated by: Madeline Alonzo, MSW



For more safety planning information
please contact:
Metro Nashville Office of Family Safety
Nashville, Tennessee
(615) 880 - 1100
fscinfo@jnsnashville.gov



Metro Office of
Family Safety