



# ICE Safety Plan for Kids

**If ICE or other masked officers knock,  
LOCK THE DOOR AND DO NOT OPEN IT.**

- **If a grown-up is home, find them right away**
- **If you're alone, go to your safe room and text/call the grown-ups listed below**
- **Take slow breaths and stay in your safe room until your grown-ups tell you it's okay**

ICE agents may knock loudly or say things to make you feel worried or scared.

***You are safest inside. Do not open the door.***

Put your hand on your belly and take 3 slow breaths.  
You are being very brave!

**If someone comes inside: Go to your safe room right away.**

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## Contact Information

(Write 2-3 trusted adults who could respond immediately)