

Appendix

TEMPLATES FOR PLANS TO KEEP YOUR TEEN SAFE

_____ 's Safety Plan

Very unsafe 😞



Very safe 😊

When I'm a 10

What I feel:
What others see:
What helps:

When I'm a 7-9

What I feel:
What others see:
What helps:

When I'm a 4-6

What I feel:
What others see:
What helps:

When I'm a 1-3

What I feel:
What others see:
What helps:

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_____ 's Behavior Plan

1. Privilege 1: _____

Behaviors that *can't* happen to earn this privilege:

- a.
- b.
- c.

Behaviors that *must* happen to earn this privilege:

- d.
- e.
- f.

If a-f not followed:

2. Privilege 2: _____

Behaviors that *can't* happen to earn this privilege:

- a.
- b.
- c.

Behaviors that *must* happen to earn this privilege:

- d.
- e.
- f.

If a-f not followed:

3. Privilege 3: _____

Behaviors that *can't* happen to earn this privilege:

- a.
- b.
- c.

Behaviors that *must* happen to earn this privilege:

- d.
- e.
- f.

If a-f not followed:

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Christina 's Behavior Plan

1. **Privilege 1:** Going out with friends without supervision

Behaviors that can't happen to earn this privilege:

- a. Using cannabis
- b. Cutting
- c.

Behaviors that *must* happen to earn this privilege:

- d. Daily check-in regarding safety
- e. Go to school at least 4/5 days per week
- f. Complete homework at least 4/5 days per week

If a-f not followed: Only allowed to hang out with friends at our house with parent present in the home until a-f followed for 3 weeks. Can go out with friends again if a-f followed for those 3 weeks.

2. **Privilege 2:** Unmonitored use of personal smartphone

Behaviors that can't happen to earn this privilege:

- a. Looking at cutting-related social media content
- b. Talking to strangers on social media
- c. Accessing and using personal smartphone at night

Behaviors that *must* happen to earn this privilege:

- d. Engage in one of your nonscreen coping skills at least 30 min/day
- e.
- f.

If a-f not followed: Parents will check smartphone content/history nightly for 1 month. Unmonitored access will be granted if a-f followed for 1 month.

3. **Privilege 3:** Evening use of personal smartphone

Behaviors that can't happen to earn this privilege:

- a.
- b.
- c.

Behaviors that *must* happen to earn this privilege:

- d. Take dog for a walk nightly for at least 10 minutes
- e. Eat dinner with family nightly
- f.

If a-f not followed: No evening use of personal smartphone on days when d + e aren't done.

_____’s Media Plan

1. Use of “device X” at “X time” (*most problematic device and most problematic time of use*)

Behaviors that *can’t* happen to earn that use:

- a.
- b.
- c.

Behaviors that *must* happen to earn that use:

- d.
- e.
- f.

If a–f not followed:

2. Access to “device X” will be taken away if:

Behaviors that *can’t* happen to earn device access:

- a.
- b.
- c.

Behaviors that *must* happen to earn device access:

- d.
- e.
- f.

If a–f not followed: