

# The X-Plan



X

## Giving Kids a Way Out

**This common text message trail can be life-changing with the use of the X-Plan.**

Imagine your teen is going to a party and you start to have that sinking feeling that something is just not right. How comforting it would be to know you have given them the tools to help manage challenging situations. **The X-Plan** was created for that reason. A simple family agreement that gives teens a safe and easy way to protect themselves from uncomfortable and **potentially dangerous situations** while maintaining their social dignity.

## ***A few simple steps of the X-Plan that can make a meaningful difference.***

**Step 1:** Your teen finds themselves in an uncomfortable situation.

**Step 2:** Your teen then texts an “X” to their parents or older sibling, which prompts the recipient to immediately call the teen to say “something came up at home and they are on their way to pick them up.”

**Step 3:** Your teen now has a “way out” of succumbing to peer pressure or activities of which they are not ready.

The X-Plan comes with the contingency that the teen is allowed to share as little or as much as they would like about the situation. It offers an opportunity for a teen to grow into situations with confidence, and strengthens the trust and relationship within the family.

The X-Plan is a proven strategy and we encourage you to find a version that works with the unique dynamics of your family. Your children will thank you as it will get them out of uncomfortable situations — and could even save their life.

*The X-Plan was created by Bert Fulks, founder and co-director of Empty Stone Ministry. [www.bertfulks.com](http://www.bertfulks.com)*

### ***Learn More About The Coalition***

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