

Safety Plan for Teens

You can think ahead about ways to be safe whether you are still dating the abuser or even if you're not together anymore. Safety plans should be done with the help of a trained domestic violence counselor. Please include the following when safety planning:

- I can tell someone about my situation. I feel safe telling _____
- I know that I can call a hotline 24/7 just to talk to a counselor about my relationship. I understand that my call is confidential, and I don't have to give my real name or go anywhere or do anything I don't want to do. I can ask for help with a safety plan.
- I'm aware that breaking-up can be **dangerous**, so I should call a domestic violence hotline counselor before I break up with my partner. If I can't call, I should break-up in a public place and let other people know my plan (where and when, etc.).
- I've discussed my legal options with a hotline counselor; they are: _____

- I can change my school locker or lock.
- I can change my route and avoid walking alone to/from school, classes or after school activities.
- If I'm at the mall or other public place, I can request security to escort me to the bus stop or to my car.
- If I'm stranded, I can call _____ for a ride home.
- I can keep a journal describing the abuse that will help me process my feelings and document all incidents of abuse. I will also save threatening emails, phone messages, Facebook posts, Tweets, letters, texts, etc.
- I am aware of the risks associated with posting comments or photos to social media and I will not do, write or post anything online that I wouldn't do, say or share in-person.
- I can change my phone number and/or my email accounts and **change passwords** to all social media. I will never give my password to anyone except a parent or guardian.
- I know (or I can learn) how to delete browsing history and set privacy settings on my computer, laptop, tablet or phone.
- I am aware of my decreased ability to make good decisions under the influence of alcohol or drugs.
- If I absolutely must talk to my ex, I can keep the conversation short or have someone with me.
- I can have a "code word" for my family and close friends so they know when to call for help for me without my abuser knowing about it. My code word is _____.
- If I feel a fight coming on, I will try to position myself near a door or exit; I will stay away from the kitchen, bathroom, bedroom or any other place where I can't get out easily or where I can get hurt.
- I can let calls go to voicemail or ask my friends, co-workers or family members to screen my calls and visitors.
- If I have a Restraining Order, I should keep a copy with me at all times and give a copy to my principal and boss.
- I will **never** agree to meet my ex in an isolated location or alone (even if it's in my own home).
- I can make sure I know my exact plans for the evening and let someone know how to reach me and when I expect to be home.
- I will trust my instincts and if I feel like I'm in danger or if I'm being stalked, I will call 911 and get help immediately.
- I will review my safety plan often, update information as needed, and keep it in a confidential place.
- I will remember that the abuse is not my fault and that I deserve a safe and healthy relationship.
- If I feel down or depressed, I can call a hotline to chat, or spend time with the people who make me feel safe and supported, or do things I enjoy like _____
- I will always keep my cell phone on me, and I will make sure these emergency contacts/numbers are on speed dial:

Personal Contact: _____

Personal Contact: _____

Personal Contact: _____