



GENERAL SAFETY

1. If we have an argument while we are out and I feel unsafe, I will _____

(Who could you call to get a safe ride home? What would you do if left in an isolated area?)

2. Warning signs I may be unsafe _____

3. If we have an argument at school and I feel unsafe, I will _____

(Who could help you? Where could you be safe at school? What teacher/counselor/person at school do you trust?)

4. If I have ended the relationship, I can tell the following people and ask them to call the police if they see them bothering me.

Teacher: _____
Friend: _____
Relative: _____

5. I will make up a “code word” to text or say to my family, teachers, or friends, so they know when to call for help for me.
My code word/phrase is: _____
My code companion(s) is: _____

SAFETY AT HOME

1. I will _____
_____ if he/she comes over when I’m alone and I feel unsafe. *(Who can you call to come over? Who can you call if you need help?)*

2. I can ask my parents or others I trust to screen my calls and visitors. I have the right to not receive harassing phone calls.

3. If we have an argument at a house and I feel unsafe, I will try to move toward: _____
_____ *(Try to avoid arguments in the bathroom, garage, kitchen, near weapons, or in rooms without access to the outside.)*

TELEPHONE NUMBERS I NEED TO KNOW:

Do I feel safe calling the police? YES NO
If no, what other resources do I have? _____

Police: _____

Domestic Violence/Sexual Assault Program: 1-800-603-4357

Other: _____

It is important for adults and caregivers to keep you safe! Who is an adult that you feel like you can share your safety plan with? _____



Please check any of these items you think would be helpful to you. Feel free to add your own items

These are things I can do to help keep myself safe everyday:

- I will carry my cell phone and important telephone numbers with me at all times.
- I will keep in touch with someone I trust about where I am or what I am doing.
- I will stay out of isolated places and try to never walk around alone.
- I will avoid places where he/she or his/her friends and family are likely to be.
- I will keep the doors and windows locked when I am at home, especially if I am alone.
- I will avoid speaking to him/her. If it is unavoidable, I will make sure there are people around in case the situation becomes dangerous.
- I will call 911 if I feel my safety is at risk.
- I can look into getting an order of protection so that I'll have legal support in keeping my abuser away.
- I will remember that the abuse is not my fault and that I deserve a safe and healthy relationship.
- Talk to my counselor about attending a support group for teens that have been abused.
- _____

These are things I can do to help keep myself safe in my social life:

- I will ask my friends to keep their cell phones with them while they are with me in case we get separated and I need help.
- If possible, I will go to different malls, banks, grocery stores, movie theaters, etc. than the ones he/she goes to or knows about.
- I will not go out alone, especially at night.
- No matter where I go, I will be aware of how to leave safely in case of an emergency.
- I will leave if I feel uncomfortable in a situation, no matter what my friends are doing.
- I will spend time with people who make me feel safe, supported and good about myself.
- _____

These are things I can do to stay safe online and with my cell phone:

- I will not say or do anything online that I wouldn't in person.
- I will set all my online profiles to be as private as they can be.
- I will save and keep track of any abusive, threatening or harassing comments, posts, or texts.
- I will never give my password to anyone other than people that I trust and make me feel safe.
- If the abuse and harassment does not stop, I will change my usernames, email addresses, and/or cell phone number.
- I will not answer calls from unknown, blocked or private numbers.
- I can see if my phone company can block my his/her phone number from calling my phone.
- I will not communicate with him/her using any type of technology if unnecessary, since any form of communication can be recorded and possibly used against me in the future.
- _____