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? ____________________________

Adapted by Between Friends from Breaking the Cycle Teen Safety Plan
Personalized Youth Safety Plan

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.
☐ ______________________________________

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