

PERSONALIZED SAFETY PLAN FOR TEENS

THE FOLLOWING STEPS REPRESENT MY PLAN FOR INCREASING MY SAFETY AND PREPARING IN ADVANCE FOR THE POSSIBILITY OF FURTHER VIOLENCE. ALTHOUGH I DO NOT HAVE CONTROL OVER MY PARTNER'S VIOLENCE, I DO HAVE A CHOICE ABOUT HOW TO RESPOND TO HIM AND HOW TO BEST GET MYSELF TO SAFETY.

SAFETY DURING AN ARGUMENT

- ☛ If we have an argument on a date and I feel unsafe, I will _____ . Who would you call to get a safe ride home? What would you do if left in an isolated area?
- ☛ 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 do you trust?
- ☛ If we have an argument at a house and I feel unsafe, I will try to have us discuss it in _____ . Try to avoid arguments in the bathroom, garage, kitchen, near weapons or in rooms without access to a door.
- ☛ I will use _____ as my code word with my family and friends so that they can call for help.

SAFETY IN MY HOME

- ☛ I will _____ if he/she comes over and I am alone and feel unsafe. Who can you call to come over? Who can you call if you need help?
- ☛ I will _____ if we get in an argument and I feel unsafe. What exits are there in the house? Where are all the phones that you can use to call the police or someone you trust?
- ☛ When he/she calls and I feel threatened, I will _____. Can you screen your calls with an answering machine or caller ID device? Could you have the telephone company trace the calls for a stalking or harassment report?
- ☛ If I see him/her standing outside I will _____ so that I can be safe. Who can help you? Can you take pictures or document how many times it happens, to file a police report?

Remember, you do not deserve to be abused and you have a right to be safe. Let the people you trust know that you are afraid, and ask them to help you get safe.