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A Teen's Guide To Safety Planning

WHY DO I NEED A SAFETY PLAN?

Everyone deserves a relationship that is healthy, safe and supportive. If you are in a relationship that is hurting you, it is important for you to know that *the abuse is not your fault.* It is also important for you to start thinking of ways to keep yourself safe from the abuse, whether you decide to end the relationship or not. While you can't control your partner's abusive behavior, you *can* take action to keep yourself as safe as possible.

WHAT IS A SAFETY PLAN?

A safety plan is a practical guide that helps lower your risk of being hurt by your abuser. It includes information *specific to you and your life* that will help keep you safe. A good safety plan helps you think through lifestyle changes that will help keep you as safe as possible at school, at home and other places that you go on a daily basis.

HOW DO I MAKE A SAFETY PLAN?

Take some time for yourself to go through each section of this safety planning workbook. You can complete the workbook on your own, or you can work through it with a friend or an adult you trust.

Keep in Mind:

- In order for this safety plan to work for you, you'll need to fill in personalized answers, so you can use the information when you most need it.
- Once you complete your safety plan, be sure to keep it in an accessible but secure location. You might also consider giving a copy of your safety plan to someone that you trust.
- Getting support from someone who has experience working with teens in abusive relationships can be very useful.

My Safety Workbook - Page 1

Staying Safe at School:

The safest way for me to get to and from school is:

_____

_____.

If I need to leave school in an emergency, I can get home safely by:

_____

_____.

I can make sure that a friend can walk with me between classes. I will ask:

_____and/or

_____.

I will eat lunch and spend free periods in an area where there are school staff or faculty nearby. These are some areas on campus where I feel safe:

_____,_____

_____, and_____.

I could talk to the following people at school if I need to rearrange my schedule in order to avoid my abuser, or if I need help staying safe at school:

- School Counselor
- ☐ Coach
- ☐ Teachers:_____
- ☐ _____
- Principal
- ☐ Assistant/Vice principal
- ☐ School security
- ☐ Other:_____
- ☐

If I live with my abuser, I will have a bag ready with these important items in case I need to leave quickly (check all that apply):

- Cell phone & charger
- ☐ Spare money
- ☐ Keys
- ☐ Driver's license or other form of ID
- ☐ Copy of Restraining Order
- ☐ Birth certificate, social security card, immigration papers and other important documents
- Change of clothes
- ☐ Medications
- ☐ Special photos or other valuable items
- ☐ If I have children—anything they may need (important papers, formula, diapers)

Staying Safe at Home:

I can tell this family member about what is going on in my relationship:

_____

There may be times when no one else is home. During those times, I can have people stay with me. I will ask:

_____.

The safest way for me to leave my house in an emergency is:

_____.

If I have to leave in an emergency, I should try to go to a place that is public, safe and unknown by my abuser. I could go here:

_____

and/or here:_____.

I will use a code word so I can alert my family, friends, and neighbors to call for help without my abuser knowing about it. My code word is:

_____.

My Safety Workbook - Page 2

Staying Safe Emotionally:

My abuser often tries to make me feel bad about myself by saying or doing this:

_____

_____.

When he/she does this, I will think of these things I like about myself:

_____,

_____ and

_____.

I will do things I enjoy, like:

_____,

_____ and

_____.

I will join clubs or organizations that interest me, like:

_____ or _____.

If I feel down, depressed or scared, I can call the following friends or family members:

Name:_____

Phone #: _____

Name:_____

Phone #: _____

Name:_____

Phone #: _____

Name:_____

Phone #: _____

During an emergency, I could call the following friends or family members at any time of day or night:

Name:_____

Phone #: _____

Name:_____

Phone #: _____

Name:_____

Phone #: _____

Name:_____

Phone #: _____

Getting Help in Your Community:

For emergencies: 911

National Teen Dating Violence Hotline: 1.866.331.9474

Local police station:_____

Phone #:_____

Address:_____

Local domestic violence organization:_____

Phone #:_____

Address:_____

Local free legal assistance:_____

Phone #:_____

Address:_____

Nearest youth shelter:_____

Phone #:_____

Address:_____

MY SAFETY WORKBOOK - PAGE 3

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 my abuser 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 my abuser. 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 a protective order 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.

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 my abuser 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 my parents or guardians.
- ☐ 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 abuser's phone number from calling my phone.
- ☐ I will not communicate with my abuser using any type of technology if unnecessary, since any form of communication can be recorded and possibly used against me in the future.