

# Safety Plan for Teens

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## Friends I can tell about the violence and abuse:

1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_ 4. \_\_\_\_\_

## Adults I can tell about the violence and abuse:

Example: Parents, Guardians, Teachers, Principal, Counselor

1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_ 4. \_\_\_\_\_

## Places I can go where I feel safe:

1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_ 4. \_\_\_\_\_

I will always let \_\_\_\_\_ and \_\_\_\_\_ know who I am with and where I am.

I will always carry \_\_\_\_\_'s phone number, in case I need to call them. Their phone number is \_\_\_\_\_.

## Ways I can get home when I am out:

1. \_\_\_\_\_ 2. \_\_\_\_\_

In an emergency, I can call **911** or the local domestic violence program at The Center for Prevention of Abuse 1-800-559-7233 (SAFE).

My code word is \_\_\_\_\_. This is a signal for my family, friends, and neighbors to help me in case I need assistance without alarming my abuser.

## After leaving a relationship, it is important to **STAY** safe:

- Consider changing your school locker or lock, and all phone numbers.
- Take different routes on the way to class, to work, or back home.
- Walk with friends.
- Avoid contact with your abuser.
- Keep a journal describing the abuse.