PERSONALIZED SAFETY PLAN FOR TEENS

GENERAL SAFETY
1. If we have an argument on a date 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. 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?)

3. If we have an argument at a house and I feel unsafe, I will try to have us discuss it in the _________.
   (Try to avoid arguments in the bathroom, garage, kitchen, near weapons, or in rooms without access to the outside.)

4. I will use ____________ as my code word with family and friends so that they can call for help.

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 will ____________________________________________ if we get into 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/sheriff?)

3. When he/she calls and I feel threatened, I will ______________________________ so that I can be safe. (Can you screen your calls with an answering machine? Could you change your number? Could you have the telephone company trace the calls for a stalking report?)

4. 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 in order to file a stalking report?)

National Domestic Violence Hotline:
800-799-SAFE (7233)
800-787-3224 (TTY for the deaf)
www.thehotline.org

Produced and distributed by:

Updated 8/2016