

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 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?)
3. When he 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 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.ndvh.org

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