

Teen Safety Plan

Name: _____

Date: _____

The following steps are my plan for increasing and preparing for the possibility of further abuse. Although I can't control my abuser's violence, I do have a choice about how I respond and how I get to safety.

To increase my safety, I can do (some or any of) the following:

A. When I have to talk to my abuser in person I can

_____.

B. When I talk to my abuser on the phone, I can

_____.

C. I will invent a "code word" for my family, teachers, or friends so they know when to call for help for me. My code word is _____.

D. When I feel a fight coming on, I will try to move to a place that is lowest risk for getting hurt, such as _____ or _____.

E. I have the right to be safe when I am out with friends.

F. I can ask my parents or other family members to screen my calls and visitors. I have the right to not receive harassing phone calls.

G. I can keep change for phone calls with me at all times. I can call any of the following people for a ride if I need to:

H. If I have ended the relationship, I can tell the following people and ask them to call the police if they see my abuser bothering me.

_____ (teacher) _____ (relative)
_____ (friend) _____ (_____)

I will decide for myself if and when I will tell others that I have been abused, or that I am still at risk. Friends, family, co-workers, and school personnel can help protect me, if they know what is happening, and how they can help.

A. I can tell my teacher, co-workers, boss or a friend about my situation. I feel safe telling:

_____, _____, _____, and
_____.

B. I can ask _____, _____, or _____ to help screen my phone calls at home or work.

C. When leaving school or work, I can

_____.

D. When walking, riding or driving home, if problems occur I can

_____.

E. If I use the school bus or public transportation, I can

_____.

F. I can take a different route or change the time I leave when I walk if I think my abuser will follow me.

G. I can also _____.

_____.

For Myself:

A. If I feel down, I can talk to sources of support, like friends, neighbors, a teacher, youth minister, or crisis line. The people and numbers I can call include:

_____ (teacher) _____ (relative)

_____ (friend) _____ (_____)

B. I can attend a support group for teens who have been abused. Support groups are held:

_____ at _____.

C. Other things I can do to make myself feel better include

_____.

_____.

Telephone Numbers I Need to Know:

Police Department _____

Sheriffs Department _____

Domestic Violence/Sexual Assault Program _____

Supervisor's Home Phone Number _____

Clergy/Youth Minister _____

Attorney _____

Probation Officer _____

Other _____

Other _____