

# Safety Planning for Teens



A safety plan is a practical guide that helps lower your risk of being hurt by your abusive partner. Each plan is specific to the person being abused and their life. When considering a breakup, a safety plan can help make sure you are doing what's best for you.

## • Recruit Allies •



Allies are individuals who will help you feel safe. They will be there to support and talk to you when you need them. Ask yourself, who can you call or talk to anytime you need them?

### Consider the following:

- Parent or adult you trust
- Sibling or family member
- Teacher, coach, counselor, or campus PD
- Friend or mentor

## Keep a log of alarming or abusive behavior

Save all threatening voice mails, e-mails, screenshots or text messages. Send them to your ally or you can also create a safe e-mail address to save these documents. You may need it later as evidence, if the violence escalates.



## My allies are?

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## Make up a code word to share with your allies

This code word is used when you feel unsafe, need a ride home or want to leave the situation.

## • Staying SAFE •

Begin limiting the amount of alone time you spend with your abusive partner, until it is safe to leave the relationship. Hang out in public spaces that are not familiar to your partner and surround yourself with a group of friends.

## Staying

# SAFE

**If I live with my abuser, I will have a bag ready with these important items in case I need to leave quickly**

**(check off what you have):**

- Cell phone & charger
- Laptops/Tech & charger
- Extra cash
- 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
- Water and snacks
- If I have children - anything they may need (important papers, formula,diapers)

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

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

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

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:

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

## ● Things to consider ●

- Changing your school schedule by switching classes
  - Prepare for a breakup
    - If you do not feel safe, do not breakup in person
    - When breaking up in person, do it in a public place
    - Avoid being alone with your abusive partner after the breakup
- ↳ Because, statistically, 72 hours after the breakup is the most dangerous time.

Have questions?

Here are resources:

Human Options 24/7 Hotline|  
877-854-3594

loveisrespect.org |  
(Text/Chatting available)

Crisis Text Line|  
Text connect to 741741