

Teen Safety Plan

ADAPTED FROM THE WISCONSIN COALITION AGAINST DOMESTIC VIOLENCE AT WCADV.ORG

IF YOU ARE IN A RELATIONSHIP THAT HAS BEEN FRIGHTENING OR VIOLENT,
CHANCES ARE IT WILL HAPPEN AGAIN, EVEN IF YOU HAVE BEEN PROMISED THAT IT WON'T.
FOR YOUR OWN SAFETY, TAKE A FEW MOMENTS TO
ANSWER THESE QUESTIONS AND BE PREPARED JUST IN CASE.

These are the cues I've seen that my boyfriend/girlfriend is getting angry or violent: _____

These are some situations I've been in where I haven't felt safe: _____

If I think there might be an argument, I will try to go to a place where other people might hear and/or a place where there is less risk of injury. (Avoid kitchens, bathrooms, garages, rooms without an exit, or being near anything that could be used as a weapon.) These are places I would go: _____

These are people I trust and can ask for help: _____

This is my code word. I can share it with people I trust and use it to let them know I'm scared or need help: _____

If I'm with my boyfriend/girlfriend and am not feeling safe, here are some things I can say or do to get away: _____

Exercise, confiding in someone you trust, or doing things that make you feel happy or successful are some ways to help manage the pressure of a difficult relationship. Some people use drugs or alcohol to cope with their problems. But they can drain your energy, cloud your judgment, and make you more vulnerable. Here are some things I can do to help myself cope: _____

If I have no one to talk to, I can call the Sheltering Wings 24/7 helpline at (317) 745-1496 or the National Teen Dating Violence Hotline at (800) 799-7233, by logging on to thehotline.org or by texting "loveis" to 22522 to chat with someone who can help. **No one deserves to be abused. This is not my fault.**

Some adults, such as teachers, counselors and health care providers, are required by law to report abuse happening to anyone under age 18. If you are nervous about talking to an adult, ask whether they are required to report abuse to anyone under 18.

TEEN DATING VIOLENCE SAFETY PLAN

If you decide to break up with an abusive boyfriend or girlfriend, it is important to have a safety plan in place before attempting to end the relationship. Sometimes during and after breaking up are the most dangerous periods in the relationship. If you are interested in a court order to protect you from your boyfriend or girlfriend, you may be able to get a protection from abuse order. If you are being assaulted or are afraid that an assault is about to occur, you can always call 911 or the police.

IF YOU DECIDE TO BREAK UP...

I will plan the breakup carefully with the help of people I trust. If I don't have friends I can trust, I can talk to a parent, teacher or other adult. If I have no one to talk to, I can call the Sheltering Wings 24/7 helpline at (317) 745-1496 or the National Teen Dating Violence Hotline at (800) 799-7233, by logging on to thehotline.org or by texting "loveis" to 22522 to chat with someone who can help. The more people who know what's going on and can look out for me and support me, the safer I am. These are the people I can trust to help me: _____

It is not safe to break up with my partner in an isolated place. I will try to do it in public with people nearby who are part of my safety plan. If necessary, I will do it by phone, letter or email. This is where and when I will break up with my boyfriend/girlfriend: _____

This is who I will ask to be watching out for me during the break-up: _____

I will be very clear with my boyfriend/girlfriend that I am ending the relationship and that my decision is final. These are the words I will use: _____

I will try to be prepared for my boyfriend/girlfriend's reaction. It could be violent, or he/she may be very sad, or may try to be very sweet and win me back. This is what I will tell myself when that happens: _____

This is how I will stay safe: _____

This is who I will seek support from afterward: _____

After breaking up, I will avoid being alone with my ex-boyfriend/girlfriend or being in a situation where s/he might try to corner me or talk me out of the break-up. This is what I will do if my ex tries to talk to me at my home, work, school or elsewhere: _____

This is who I will call for help (including 911) if s/he is getting aggressive: _____

This is what I will say if my ex calls me: _____

After breaking up, my ex may try to use other people to get through to me. If this happens, here is what I will say to them: _____

SOME OTHER THINGS I CAN DO TO KEEP MYSELF SAFE...

- Keep a cell phone and charger with me at all times 1210,11 along with important phone numbers.
- If my ex has exhibited threatening behavior and I am afraid he might harm me, I will have a personal alarm device on me.
- Ask friends, family & co-workers to screen my calls and not relay notes or messages from my ex.
- Block my ex's screen name so s/he cannot use Instant Messaging to bother me. Prevent my ex's access to my page on Facebook, Instagram, TikTok, Snapchat, or other web sites where I share information.
- Change my routine so I'm harder to locate.
- Have friends go to and from school with me and walk with me between classes.
- Tell friends, family & co-workers to call school staff or the police if they see my ex bothering me.
- Have someone I trust travel with me, sit with me, stay by me or watch out for me at my job, school events and other activities.
- Arrange to call someone I trust to let them know that I have arrived safely or that I'm OK. If I do not call as planned, I will tell them to contact me. If I do not answer, they are to call the police.

~Adapted from the Wisconsin Coalition Against Domestic Violence at wcadv.org