

Safety Planning

What Is a Safety Plan?

A Safety Plan looks at your day-to-day situation and maps out different steps you (and the people close to you) can take to stay safe. Fear should not dictate your daily living or confidence, but being conscious and aware of your environment will help you keep safe. Perhaps your safety plan is something you have mapped out in your head or maybe you share it with a close friend or an adult.

Safety at School

Arriving to school:

Class Schedule:

Study Halls/Lunches:

Hallways/Lockers:

Leaving School:

After School Activities/Sports:

After School Job/Volunteering:

Safety at Your Home

On the Phone:

Screening Phone Calls/Caller ID:

Online/Email:

Adults Home/Not Home:

Screening Visitors:

Safety at Friends' Houses/Public Places

Cell Phone/Phone Calls:

Transportation/Ways to leave:

Support Systems

Friends

A friend I can trust and confide in:

A friend I can talk to and they won't judge me:

A friend who is good at listening to me:

A friend who gives good advice when I want it:

Adults

An adult I can talk to:

An adult I can call for help:

Adults I can talk to at school:

Self Care

Something I like to do to relax:

Healthy ways I deal with stress, anger and sadness:

Emergency Numbers

Hotlines: Family Crisis Services **1-800-537-6066**
 National Teen Dating Violence Helpline **1-866-331-9474**
 SARSSM (Sexual Assault & Rape) **1-800-313-9900**

Police:

Sheriff:

Websites

www.yaapp.org - Family Crisis Services, Your local DV organization.

www.loveisrespect.org - Chat online with an advocate in the evening.

www.seeitandstopit.com - Great info for you, your friends, family and teachers.

Ideas for Safety Planning

- Observe your environment and trust yourself. If something doesn't feel right, try to leave the situation.
- If you feel an argument coming on, try to move to a space where there are a lot of exits, or where there are some people around in case you need to get away.
- Have a code word with your friends or family so they know when you need help.
- Consider taking different routes or leaving school at different times than your partner/ex.
- Take money with you, enough to make a phone call, or pay for a taxi home and know the phone numbers of people you can call if you need help.
- If you have a cell phone, carry it with you, keep it charged, and know the areas where you may not have reception.
- Let your friends/parents know where you are going and what time they should expect you back.
- Think about the places you hangout at the most (school, after school, friends houses). Practice in your head how to get out of those places if you had to.
- You probably know your partner/ex better than anyone else, consider giving them what they want until you can get to safety. By doing this you aren't saying the abuse is okay, you are staying safe and protecting yourself any way you have to.

Questions to Consider

What are some other ways I can stay safe around my partner/ex?

When have I felt unsafe in the past?

How do I usually react to threatening or scary situations?

What is the difference between emotional safety and physical safety?