

# 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/she 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/sheriff?)*

3. When he/she 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/her 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.thehotline.org](http://www.thehotline.org)

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