

# A Teen's Safety Plan

If you're in an abusive situation and are not able or ready to leave it, it's important to think about how to keep yourself safe. If you do want to leave, it's a good idea to plan your escape well. Filling out and printing this safety plan can help you feel safe whether you're staying in your current situation or getting ready to leave. Be sure to review it every so often with someone you trust, to keep the information useful and up-to-date.

I will tell (name): \_\_\_\_\_ and (name): \_\_\_\_\_  
 about the abuse and ask them to help me if I use the code word or phrase:

or if they learn I'm being hurt by any other means.

I will buy a small address book and carry it with me at all times. I will list the following people, agencies, shelters, hotlines, or other services in the book:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

I will make a habit of leaving as often as possible, to:

I will use this excuse when I'm able or ready to leave the situation:

I will leave before I think a situation will get violent. I usually know things are getting violent when:

My abuser may try to persuade me not to leave by: \_\_\_\_\_

I can get around this by: \_\_\_\_\_

If I decide to leave, I will go to either of the following places that are unknown to my abuser:

1. \_\_\_\_\_
2. \_\_\_\_\_

I will keep the following items in a bag that is ready to go (checkmark  those items that apply):

<input type="checkbox"/> house and car keys	<input type="checkbox"/> check book
<input type="checkbox"/> address book	<input type="checkbox"/> spare clothes
<input type="checkbox"/> driver's license or other identification	<input type="checkbox"/> pager/cell phone
<input type="checkbox"/> social security card	<input type="checkbox"/> restraining/protection orders
<input type="checkbox"/> school records	<input type="checkbox"/> rent papers
<input type="checkbox"/> passport	<input type="checkbox"/> current unpaid bills
<input type="checkbox"/> resident card	<input type="checkbox"/> insurance papers
<input type="checkbox"/> immigration papers	<input type="checkbox"/> Medi-cal stickers
<input type="checkbox"/> bus tokens	<input type="checkbox"/> prescriptions/medicines
<input type="checkbox"/> spare change	<input type="checkbox"/> special photos
<input type="checkbox"/> small amount of cash	<input type="checkbox"/> personal items

**(For teens with children: remember to take formula and bottles, diapers, child's birth certificate, social security card, and medical records, spare clothes for child, and child's favorite toys)**

If I leave, I will bring this bag, as well as: \_\_\_\_\_  
 \_\_\_\_\_ with me.

I will keep spare items, supplies, copies of important papers, and: \_\_\_\_\_  
 with (name): \_\_\_\_\_ in case I am unable to get my bag before leaving.

I will review my safety plan on (date): \_\_\_\_\_ with (name): \_\_\_\_\_

\_\_\_\_\_  
 Teen Signature

\_\_\_\_\_  
 Date

## Safety Planning: Tips for Safety and Confidence

- Stand up for yourself. If the abuse is just starting, tell the abuser that his/her behavior is not acceptable and that you won't put up with it. Talk to a trusted adult/peer about what happened.
- Be careful. If the abuse is ongoing and the abuser is accustomed to getting his/her own way, you may risk more violence if you stand up for yourself. If you're afraid this might happen, try to get support from an adult or friend before you make a stand. Don't try it when you're alone with the abuser, and be prepared to take the step of leaving in order to escape the abuse.
- Remember that the abuse isn't your fault. Don't be ashamed to tell someone about the abuse. It's not your fault, it's the abuser's problem. Encourage him/her to get help.
- Hurting yourself isn't the answer. It's normal to feel down when you're being hurt. Some people who are being abused feel like suicide is the only real option. If you feel this way, it might be because you believe the abuser's put-downs or because you're turning your anger on yourself. Use your anger instead to take care of yourself. There really are options and steps you can take to make things better for yourself. Praise yourself for what you do well, and have faith in your future. If you are feeling suicidal, it may help to talk to someone about your feelings and you can call the 24 hour Hotline at 1-800-SUICIDE (784-2433) or the local Suicide and Crisis Center at 1-800-692-4039 or (806) 359-6699.
- Tell someone about the abuse. Sometimes just talking about the abuse can make you feel better. At other times, an adult or friend might have useful advice or be able to offer help.
- Be careful with alcohol and other drugs. Many people use alcohol and drugs to deal with tension or pain. Unfortunately, they'll only drain your energy, keep you feeling helpless, and affect your ability to think clearly.
- Relax and play. Relieving stress can improve your ability to communicate and make decisions. Physical activity can increase your sense of well-being. Regular exercise done with others can be fun, too.
- Try to eat well. Your physical health affects the way you feel as well as your ability to cope with stress.
- Save money and get some job skills. Knowing that you have an emergency fund can help reduce your anxiety. If you have job skills, it'll be easier to avoid depending on others to get by. Even if you can't get a job or don't need one, you can do volunteer work to gain skills and meet new people.
- Know your local resources: If you are in immediate danger, call 911 for the Pampa Police Department or 669-8035. APD Victim Crimes Unit (806) 378-4528, and the Family Violence/Sexual Assault 24-hour Crisis Line, (806) 374-5433, 1-800-749-9026, En Espanol – 1-800-799-7233, and Family Support Services, (806) 342-2500. Tralee Crisis Center: 1-800-658-2796 or The Bridge: 806-669-1161  
**National Hotline numbers include:** National Domestic Violence 24-hour Hotline, 1-800-799-SAFE (7233) or 1-800-787-3224 (TTY). National Teen Dating Abuse 24-hour Hotline, 1-866-331-9474, National Sexual Assault 24-hour Hotline, 1-800-656-4673, Dating Violence Legal Line, 1-800-374-4673, and National Center for Victims of Crime, Monday-Friday 8:30 a.m. to 8:30 p.m. Eastern Standard Time, 1-800-394-2255 or 1-800-211-7996 (TTY), and Child Help USA National Child Abuse 24-hour Hotline, 1-800-422-4663.
- Look after yourself. You are a strong person, and you can grow stronger when you know that you can make it on your own. When you're ready to leave an abusive situation, know that help is there!

Reproduced with permission from Amy Hill, MA, Family Violence Prevention Coordinator with Contra Costa Health Services, and Technology Consultant for Project Safe Network, <http://www.safenetwork.net/teens>. Local and national resources added by PISD.  
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