

## Youth Safety Plan

If you are a teenager in an abusive dating relationship or you are the parent of a child or teenager who is exposed to an abusive environment, encouraging them to develop a youth safety plan is one of most important steps you can take to increase their safety. Remember, this plan should be used as a guide and reminder of ways you or your child can increase their safety. **This plan should be hidden in a safe place where the abuser is unlikely to find it. It should also be reviewed and updated on a regular basis if the situation or living environment changes.**

To begin creating your safety plan, print (*if safe to do so*) and fill out the form(s) below as appropriate to your situation. Keep it in a safe place where the abuser is unlikely to find it and refer to it frequently to bring strength when you need it most.

## Safety at Home

When family violence occurs:

1. Find a safe place in your house away from the violence.
2. Never try to stop the violence yourself because you could get hurt.
3. Call 911 for help.
4. Tell the operator the following:
  - your address
  - where you are in the house
  - what is happening in the house.

**If the situation becomes violent or abusive, I will move to a space that is safe, has access to an exit, and is nowhere near weapons. Places I can go are:**

\_\_\_\_\_

\_\_\_\_\_

*Try to stay out of areas such as the kitchen, bathrooms and closets.*

**I will practice how to get out of my home safely. Exits I can use are:**

\_\_\_\_\_

\_\_\_\_\_

**This is the CODE WORD I will use with my children/family/friends so they can call for help:**

\_\_\_\_\_

**If I have to leave right away, this is where I can go and who I can call:**

**Where I can go:**

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**Who I can call:**

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### **Safety at School**

When conflict arises:

1. Use words instead of violence to communicate your feelings. Use “I” statements such as, “I disagree...” and “I understand, but...”
2. Consider your choices and the consequences of fighting. (For example: physical harm, suspension, etc.) Instead of fighting:
  - stay calm
  - avoid swearing, shouting or name calling
  - avoid making threats.
3. Be willing to walk away from the situation.

People you can contact for help in resolving a conflict:

- Guidance Counselor
- Resource Officer
- Teacher
- Parent

### **Safety on a Date**

If your date goes bad or if you feel unsafe while on a date:

1. Go to the nearest store, restaurant or safe building and ask them to call 911 or dial 911 yourself from your cell phone, but only if you are safely away from your abuser. Then call your parents or guardian.
2. If no phone or safe place is nearby, scream as loud as you can "Fire." (People will help you sooner if you yell, "fire" than "help me.")
3. If you have the opportunity to safely call family or friends while on the date, use a code word to alert them you need help.
4. Once you sense something is wrong, try to leave the situation as safely and as soon as possible. Trust your instincts.

Safe dating tips:

- Get to know your date before being alone with him or her.
- Always make sure your cell phone is fully charged and have extra change with you in case your cell phone dies or is out of range.
- Tell someone where you are going and when you will return. Call if your plans change.
- Know your sexual boundaries and stick to them.  
(Warning: Date or acquaintance rape is forced sexual intercourse by a friend or acquaintance. It is an act of violence and a crime and should be reported immediately.)
- Never leave your drink unattended.
- Develop a code word with friends or family to alert them that you may be in danger and need help.

**Other important people and phone numbers I need while on a date are:**

Hubbard House 24-hour hotline numbers: (904) 354-3114 or (800) 500-1119

Name: \_\_\_\_\_ Number: \_\_\_\_\_

Name: \_\_\_\_\_ Number: \_\_\_\_\_

**This is the CODE WORD I will use with my family/friends so they can call for help:**

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