

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. Printing and filling out 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 (circle those that apply):

keys

small amount of cash

address book

check book

driver's license or other

spare clothes

identification

pager

social security card

restraining/protection orders

school records

rent papers

passport

current unpaid bills

resident card

insurance papers

immigration papers

prescriptions/medicines

bus tokens

special photos

spare change

personal items

(For teens with children: formula and bottle, diapers, birth certificate, child's medical records, spare clothes for child, child's favorite toys)

If I leave, I will bring this bag, as well as:

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):_____