


CREATING A YOUTH SAFETY PLAN

Source:  love is respect.org

A safety plan is a set of actions that can help lower your risk of being hurt by your partner. It includes information specific to you and your life that will increase your safety at school, home, and other places that you go daily.

Why do I need a safety plan? Everyone deserves a relationship that is healthy, safe, and supportive. If you are in a relationship that is hurting you, it is important for you to know that the abuse is not your fault. It is also important for you to start thinking of ways to keep yourself safe from the abuse, whether you decide to end the relationship or not. While you can't control your partner's abusive behavior, you can take action to keep yourself as safe as possible.

I could talk to the following people at school if I need to rearrange my schedule in order to avoid my abusive partner, or if I need help staying safe at school:

- School Counselor
- Coach
- Teachers
- School Security
- Principal/Vice Principal
- Other

If I live with my abusive partner, I can have a bag ready with these important items in case I need to leave quickly (check all that apply):

- Cell Phone & Charger
- Spare Money
- Keys
- Driver's License or other form of ID
- Medications
- Copy of Important Documents (*protective/restraining order, birth certificate, social security card, immigration papers, health insurance card*)
- Change of Clothes
- Special photos or other valuable items
- Comfort items
- If I have children, anything they may need (*important papers, formula, diapers*)
- Other

STAYING SAFE AT SCHOOL

The safest way for me to get to and from school is:

If I need to leave school in an emergency, I can get home safely by:

A friend I can ask to walk with me between classes is:

A trusted adult at school I could ask for help or support is:

Areas on campus I feel safe to eat lunch and spend free periods are:

Places at school I should avoid are:

STAYING SAFE AT HOME

I can tell this family member about what is going on in my relationship:

There may be times when no one else is home. During those times, I can have people stay with me. I will ask:

If you are not comfortable with being at home, where else could you go to stay safe?

If I have to leave my home in an emergency, a safe public place I could go to is:

I can use a code word so I can alert my family, friends, and neighbors to call for help without my abusive partner knowing about it. My code word is:

If you do not have your phone on you, whose number do you have memorized that you can call if you need help?

Who can you call or text to let them know if you are leaving home with your partner, and you do not feel safe?

If you were stranded and needed a ride home, whom could you call to pick you up or meet you?

THINGS TO CONSIDER

Have you shared passwords to your online accounts with your partner? Be sure to think about all your online accounts, such as social media, email, etc.

Have you documented the abuse? Documenting can provide proof of your partner's behavior for legal reasons or otherwise. For some, it can simply be useful to validate your experience and process complex emotions.

Ways to document abuse may include: keeping a journal; recording dates, times, and descriptions of incidents; taking photos of damaged items; documenting any injuries, and seeking medical care, especially if you have been strangled or choked; filing a report with the police, if you feel safe to do so.

SELF-CARE PLAN

What are some activities that you enjoy doing?

List of music, movies, or shows that cheer you up:

When you are feeling down, whom can you text/call to cheer you up? *(This should be someone other than your partner, like a friend or family member. Write names and phone numbers down and keep them with you or another safe place.)*

Names & Numbers:

For more information and tips for self-care, visit:
www.stopthehurt.org/making-self-care-a-priority

DIGITAL ABUSE SAFETY TIPS

Digital abuse is using technology like cell phones and social media to mistreat, control, stalk, or intimidate another person. Here are a few safety planning steps you can take if your digital boundaries aren't being respected or you've experience abuse.

- Save or document any threatening messages, photos, videos, or voicemails you have received as evidence of abuse.
- Be careful with sending pictures or messages you do not want others to see. Once you share a post or message it is no longer in your control. Be mindful that an abusive partner may save or forward anything you share.
- Know and understand privacy settings. Social media often has customizable privacy settings that allows you to control who tags you in photos, who can send you messages or friend requests, and allows you to block other users on the site.
- Be mindful when checking in online, either by sharing your location in a post or posting a photo with distinguishable backgrounds. Ask friends to get your consent before posting a photo or tagging your location online.
- Avoid contact with the person who is abusing or harassing you in the ways you are able to. Consider changing your phone number or your name on social media if the abuse and harassment don't stop.
- Be mindful of location sharing. Check settings on your phone or on social media apps to make sure your location is not shared publicly or with your abusive partner. If you want to share your location for safety reasons, only share your location with a trusted friend or family member.

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ADDITIONAL RESOURCES

love is respect – www.loveisrespect.org

love is respect is the national resource to disrupt and prevent unhealthy relationships and intimate partner violence by empowering young people through inclusive and equitable education, support, and resources.

CALL 1-866-331-9474 | TTY 1-866-331-9474 | TEXT loveis to 22522 | CHAT at www.loveisrespect.org

One Love Foundation – www.joinonelove.org

One Love Foundation is a national non-profit organization with the goal of ending relationship abuse. They empower young people with the tools and resources they need to see the signs of healthy and unhealthy relationships and bring life-saving prevention education to their communities.

Know Your IX – www.knowyourix.org

Know Your IX is a survivor - and youth-led project of Advocates for Youth that aims to empower students to end sexual and dating violence in their schools. Learn more about your rights under Title IX and find support resources for youth survivors.

24 Hour Hotline: 512.396.4357
www.HCWC.org
www.StopTheHurt.org


HAYS-CALDWELL WOMEN'S CENTER
Empowering Survivors Together

