

Hands of Hope Resource Center

Safety Plan for Teens

We hope that when you return home that you will be safe. According to statistics, unless the abuser gets help, the battering may get worse and happen more often. Because we're concerned about you and your safety, we ask that you take time to work out on paper what you will do if you need protection. This plan will help you rehearse your course of action in your mind so that when you need protection, you will act automatically. Please remember that you are welcome to call the Hands of Hope Resource Center Crisis Line anytime at 632-4878 or 1-800-682-4547.

Emergency Numbers:

- * Local Police _____
 - * Local Hospital _____
 - * Local Sheriff _____
 - * Nearest Shelter _____
- * Hands of Hope Resource Center Crisis Line: 632-4878 or 1-800-682-4547

Signals of Possible Violence

Can you recognize the signals the abuser gives just before battering occurs? YES or NO

What are they?

What has been effective in protecting yourself from being hurt in the past?

Future Protection

Safety plans may include:

- Making an extra set of car and house keys and putting them in a safe place that you can get to easily.
- Planning where you can go and call if you need to get away fast. Keep extra money hidden somewhere in case you need to make an emergency phone call.

- Notifying your friends to call the police if they hear/witness fighting. Make your friends or family members aware of a code word that you will use if you are feeling unsafe.
- Have a friend or relative be with you if you need to talk to the abuser in your home.

If you are in a situation where you are afraid violence will occur or is occurring towards you, what will you do?

Step 1: _____

Step 2: _____

Step 3: _____

Step 4: _____

What if you are not at home and the abuser gets abusive (for example, in the car or at a public place)? What could you do to protect yourself?

Support System

Who will offer emotional and psychological support to you if another incident occurs? List them here. (Examples: family members, friends, co-workers, classmates...)

Who supports your decisions? (List them here.)

Do they understand that you are battered? _____

Resources

Do you know that legal protection is available to you? (Harassment Restraining Order, Order for Protection, assault charges...)

Other services available to you. (Examples: domestic violence victim/teens support groups, chemical dependency programs, counseling, violent partner treatment programs, etc.).

List name and phone numbers:
