

TEEN DATING ABUSE SAFETY PLAN

IF YOU ARE IN A RELATIONSHIP

If you are in a relationship that has been frightening or violent, chances are it will happen again, even if your boyfriend or girlfriend has promised that it won't. For your own safety, it's important to be prepared just in case. Remember, you do not have any control over your boyfriend/girlfriend's behavior. You do have control over how you prepare for it and respond to it. Take a few minutes to answer these questions and prepare your safety plan.

1. These are the cues I've seen that my boyfriend/girlfriend is getting angry or violent:

2. These are some situations I've been in where I haven't felt safe:

Tip: If you are feeling unsafe or in an argument, go to a place where other people might hear and/or a place where there is less risk of injury. (Avoid kitchens, bathrooms, garages, stairwells, rooms without an exit, or being near anything that could be used as a weapon.)

3. These are people I trust and can ask for help:

Tip on talking with adults: Some adults, such as teachers, counselors and health care providers, are required by law to report abuse happening to anyone under age 18. If you are nervous about talking to an adult, ask whether they are required to report abuse to anyone under 18. Let them know that you are worried about your privacy, and talk with them about some of the ways they can help you. Also, you can always ask an adult about how you can help a friend who's in a dangerous relationship without revealing that you have the same problem.

4. This is my code word. I can share it with people I trust and use it to let them know I'm scared or need help:

5. When I share my code word, I can tell the people I trust what kind of help I want. I can also tell them what not to do. Here is the what I will tell them:

6. If I'm with my boyfriend/girlfriend and am not feeling safe, here are some things I can say or do to get away:

7. Here are some things I can do to help myself cope and feel better:

Tip: Doing things that make you feel happy, confiding in someone you trust or exercising are some ways to help manage the pressure of a difficult relationship. Some people use drugs or alcohol to cope with their problems. But they can drain your energy, cloud your judgment and make you more vulnerable.

8. If I can't think of anyone I can trust to talk to about my relationship or if I want more information, I can visit or call:

National Dating Abuse Helpline (24/7 anonymous and confidential)
Phone: 1-866-331-9474, TTY: 1-866-331-8453, Text: loveis to 77054
www.loveisrespect.org Live personal chat online

I can also call a domestic violence program, sexual assault program or crisis line at anytime without giving my real name. I can ask them to help me find someone I can trust.

For the nearest domestic violence program, call the National Domestic Violence Hotline at 800-799-SAFE, or go to the web site of the Wisconsin Coalition Against Domestic Violence at www.wcadv.org and click on "Get Help." For the nearest sexual assault program, call the National Sexual Assault Hotline at 1-800-656-HOPE, or go to the web site of the Wisconsin Coalition Against Sexual Assault at www.wcasa.org and click on "Find Help."

No one deserves to be abused. This is not my fault.

6. After breaking up, I will avoid being alone with my ex or being in a situation where s/he might try to corner me or talk me out of the break-up. This is what I will do if my ex tries to talk to me at my home, work, school or elsewhere:

Tip: If you are interested in a court order to protect you from your boyfriend or girlfriend, you may be able to get a harassment injunction or a child abuse restraining order. This process can be complicated, and procedures vary from county to county. For more information about this, contact a domestic violence or sexual assault program in your county. If you are being assaulted or are afraid that an assault is about to occur, you can always call 911 or the police.

7. This is what I will say if my ex calls me:

8. After breaking up, my ex may try to use other people to get through to me. If this happens, here is what I will say to them:

9. Here are some other things I can do to keep myself safe:
 - Always have a cell phone with me, along with important phone numbers.
 - Block my ex's access to my email, Facebook and other places where I share information.
 - Ask friends, family and co-workers to not to relay notes or messages from my ex.
 - Change my routine so I'm harder to locate.
 - Ask an adult that I trust at school to help me stay safe when I am there.
 - Have friends go to and from school with me and walk with me between classes.
 - Tell friends, family and co-workers to call school staff or the police if they see my ex bothering me.
 - Find someone I trust travel with me, sit with me, stay by me or watch out for me at my job, school events and other activities.
 - Arrange to call someone I trust to let them know that I have arrived safely or that I'm OK. If I do not call as planned, I will tell them to call the police.
 - If I am being assaulted or afraid an assault is about to occur, I can call the police or 911.