

# SPEAK™

Teens for Healthy Relationships

## TEEN SAFETY PLANNING



### + Remember your EMOTIONAL SAFETY!

- Trust your instincts — if it doesn't feel right to you, it probably isn't.
- You have a right to be safe and to set your own boundaries.
- No one deserves to be abused physically, sexually, emotionally, or verbally — it's not your fault, no matter what your partner says
- Take time for you — do activities you enjoy and spend time with supportive family and friends

### + Helpful items to keep with you AT ALL TIMES

- A working cell phone and charger
- Spare cash in case abuser gets into your phone-pay apps
- Keys
- Driver's License and/or other important ID
- Copy of restraining order
- Important phone numbers of people/places you trust
- Your safety plan

## What is a SAFETY PLAN?

A safety plan is a personal plan just for you. It's a tool that can keep you safe if:

- You are in an abusive relationship
- You plan on staying in the relationship
- You are getting ready to leave
- You have already ended things

Figuring out next steps in a relationship can be tricky; call or text our anonymous and confidential hotline at 866-685-1122 to talk things out. Our advocates can help you use this plan to create your own safety strategies.



Emergency and Transitional Housing  
 Legal Advocacy | Financial Empowerment  
 Counseling and Case Management  
 SPEAK™ Outreach + Violence Prevention

24-Hour Call/Text Hotline  
 866.685.1122

[safe-sound.org](http://safe-sound.org)

If you're feeling depressed, scared, or unsafe, call the following friends, family, or safe person at any time, day or night:

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

In case of an emergency: **911**

Local Police#: \_\_\_\_\_

National Suicide Prevention Hotline: **800.273.8255**

Teen Line: Text **"TEEN"** to **839863**

Safe+Sound Somerset  
 24-Hour Call or Text: **866.685.1122**

STOPit™ App – report crimes anonymously  
 access code: **SOMERSET NJ**

## STAYING SAFE AT SCHOOL

- + Find the safest way to get to and from school
- + Ask a friend to walk with you between classes, or ask the school to help you plan your schedule to avoid seeing your abuser
- + Find safe spaces on campus to eat lunch and spend free time; find places where there are school staff nearby

Talk with our advocates to learn more about restraining orders and how they could work in your situation



Use a code word with friends and family so they can call for help if your abuser is around

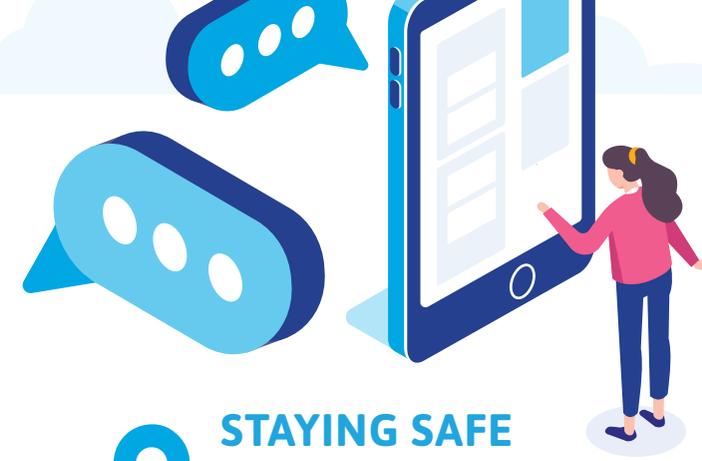
Avoid talking to your partner alone; let someone know where you'll be if you're meeting up with them



If you want to break up with an abusive partner, try to do it in a public space and review your safety plan beforehand

## STAYING SAFE AT HOME

- + Keep windows and doors locked when you're by yourself
- + Let a trusted family member or roommate know what is going on
- + Identify the safest ways out of each room; practice your escape routes if you're able to
- + Find a safe place to stay if you don't feel safe at home
- + If your abuser is in your home, don't go into rooms where you could be trapped or where there are items that can be used as weapons



## STAYING SAFE ONLINE

- + Make your accounts and social media profiles as private as possible; turn off the GPS/location-sharing features on your apps
- + Keep your passwords to yourself, and change any passwords that your partner has access to; make sure you log out of all devices that are synced up
- + Screenshot any abusive, threatening, or harassing messages and save the pictures in a safe place
- + Change your phone's settings to block your abuser's phone number; ignore unknown or blocked numbers
- + Understand that any time you contact your abuser using technology, you could be tracked or your words could be used against you
- + Visit [techsafety.org](https://techsafety.org) for additional tips

Keep your safety plan up-to-date, even if your partner apologizes and things seem better