

CHOICES. BOUNDARIES. CONSENT.

A Relationship Safety Planning Tool



Free services for survivors of
dating violence, domestic abuse,
and sexual assault

24-Hour Call/Text Helpline
866-685-1122

[Safe-sound.org](https://safe-sound.org)



YOU DESERVE TO FEEL SAFE

In a relationship, you have the right to:

- **Make your own choices,**
- **Set your own boundaries,** and
- **Give and take away consent.**

In an abusive or unsafe relationship, your partner may try to limit or control your personal freedom by causing fear or making threats, violating your boundaries or ignoring your NOs. They may try to dismiss you or blame you for their actions. ***Your feelings are important and abuse is not your fault.***

CONSENT AND SEXUAL SAFETY

You have the right to set physical boundaries by giving and taking away consent.

Consent should be **F.R.I.E.S.!**

- **Freely Given:** Saying "Yes" without threats or pressure
- **Reversible:** You can say "No" and change your mind at any time
- **Informed:** No tricks, secrets, or surprises
- **Everyone Agrees:** Everyone is sober, awake, and of-age
- **Specific:** For every activity, every time

Sexual activity without consent is sexual assault.

SEXUAL ASSAULT & NON-FATAL STRANGULATION AND SMOTHERING RESPONSE TEAMS

If you are at least 13 years old and have recently been sexually assaulted or strangled (had your air supply cut off by someone else), response teams are ready to support you 24/7. Team members include a:

- **Safe+Sound Survivor Advocate**
- **Forensic Nurse Examiner**
- **Law Enforcement**

You can choose to speak with any, all, or none of these professionals. **Call or text our free and confidential 24/7 helpline at 866-685-1122, or call 911 if you are in immediate danger.**

WHAT IS A SAFETY PLAN?

Relationship abuse and sexual violence can be scary. A safety plan provides a framework for developing strategies you will use to feel safe throughout your day. Figuring out the next steps can be tricky. Call or text our free and confidential helpline to talk and brainstorm options for your personalized safety plan at **866-685-1122.**



Check out our **Ask Ava Podcast.** We answer real questions from real people like you at safe-sound.org/ask-ava or wherever you listen to podcasts.

MANTRA:

I DESERVE TO BE SAFE!

WHEN I WAKE UP

I will:

- find safe routes to and from school and work
- ask someone I trust to walk with me
- identify rideshare or public transportation options to use in emergencies
- plan to stay with a friend or family member if my home becomes dangerous

How I can use

CHOICES, BOUNDARIES & CONSENT -- ALL day, EVERY day, and with EVERYBODY -- to keep myself safe and create healthy relationships!



AT HOME

I will:

- find safe ways to leave a room
- keep doors and windows locked when alone
- have a "grab bag" ready to go in case I need to leave quickly, including my ID, extra keys, a phone charger, cash, my safety plan, and the phone numbers of people I feel safe talking to
- avoid rooms that have dangerous items or limited escape routes

GOOD VIBES

AT SCHOOL & WORK

I have the right to:

- find safe spaces to spend free time
- ask the school or my boss to adjust my schedule if I feel unsafe
- ask for a security escort to my car or transportation

WITH FRIENDS

I have the right to:

- spend time with friends and talk to whomever I want
- let trusted friends and family know where I'm going
- create a code word to share with trusted friends and family if I need support or help
- speak to or break up with my partner in public spaces or with a friend

Jealousy

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Love

ONLINE

I have the right to:

- choose who to share photos, videos, and passwords with
- document or keep track of abusive, threatening or harassing behaviors
- take away permissions, change passwords, and log out of synced devices
- make my social media profiles private and block profiles
- turn off location sharing
- block phone numbers and ignore unknown numbers

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&
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