

# Create a Teen Safety Plan



You have the right to a violence free relationship. No matter what your boyfriend/girlfriend says the abuse is NOT your fault. If your safety is at risk, create a plan to keep yourself safe and find the support you need. Here are some tips:

- If you live with your boyfriend/girlfriend, try and leave your home regularly during the day. Whether you go to school, work, or the store, try to establish and maintain a regular routine. This might help you leave without drawing attention to yourself.
- Learn the best route to get to a safe location. If you have a car, keep your gas tank full and if you rely on public transportation, learn which buses, trains, or subways will get you to safety.
- If you need a place to stay, contact the **National Teen Dating Abuse Helpline at 866-331-9474** or a local resource. Talk to a friend or adult you trust.

Try to plan ahead and keep these items ready to take with you:

- Cash
- ATM cards/checkbooks
- Drivers License/Passport/Government IDs
- Medications
- Eyeglasses/Contact lenses
- Mobile phone
- Keys
- Legal documents, like a restraining order
- A change of clothes

If leaving with children, try to bring these things with you:

- Bottles and formula
- Diapers
- Birth Certificate
- Medical records
- Spare clothes
- Their favorite toy, stuffed animal, or security blanket

The decision to leave your boyfriend/girlfriend is a tough one. For many people, the break up is the most dangerous time in an abusive relationship. Emotions are running high and your boyfriend/girlfriend might become angry, even violent, when they learn they are losing control. Now, more than ever, it is important that you find support. Here are some tips:

- Call the **National Teen Dating Abuse Helpline at 866-331-9474** and talk someone trained to help you plan ahead and stay safe after you have ended your relationship.
- Talk to someone you trust, such as a friend, a family member, teacher, or coach.
- Choose a code word and use it to discreetly tell the people you trust that you are in danger and need immediate help.
- Pick a safe and secret location where a friend or family member can pick you up.
- If you don't feel safe, don't break up in person. If you decide to break up in person, do it in a public place and ask someone you trust to be nearby in case you need them.
- Think independently and trust your instincts. Don't let anyone talk you into doing something that's not right for you.

An abusive relationship can take a huge toll on your mental and physical health. Your partner has probably become a big part of your life; you might miss him/her or feel lonely and sad after the break up. Confide in someone you trust for support you while you adjust.