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FAMILY JUSTICE CENTER OF NORTHWEST OHIO

PERSONALIZED SAFETY PLAN FOR TEENS

1st Draft September 5, 2005



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GENERAL SAFETY

1. If we have an argument on a date and I feel unsafe, I will

(Who could you call to get a safe ride home? What would you do if left in an isolated area?)

2. If we have an argument at school and I feel unsafe, I will

(Who could help you? Where could you be safe at school? What teacher/counselor do you trust?)

3. If we have an argument at a house and I feel unsafe, I will try to have us discuss it in the

(Try to avoid arguments in the bathroom, garage, kitchen, near weapons, or in rooms without access to the outside.)

4. I will use _____ as my code word with family and friends so that they can call for help.

SAFETY AT HOME

1. I will _____ if he
_____ if he
comes over when I'm alone and I feel unsafe.

(Who can you call to come over? Who can you call if you need help?)

2. I will _____ if we get into an argument and I feel
unsafe.

(What exits are there in the house? Where are all the phones that you can use to call the police?)

3. When he calls and I feel threatened, I will

_____ so that I can be
safe.

(Can you screen your calls with an answering machine? Could you change your number? Could you have the telephone company trace the calls for a stalking report?)

4. If I see him standing outside, I will _____ so that I can be safe.

(Who can help you? Can you take pictures or document how many times it happens in order to file a stalking report?)

National Domestic Violence Hotline: 800-799-SAFE (7233) 800-787-3224 (TTY for the deaf) www.ndvh.org