

# TEEN SAFETY PLAN

## KEEP THIS INFORMATION IN A SAFE PLACE WHERE YOUR PARTNER CANNOT FIND IT!

If you're in an abusive relationship it is important to think about how to keep yourself safe. It is also very important to plan carefully when you are ready to end the relationship. Filling out this safety plan can help you feel safe whether you're staying in your current relationship or getting ready to leave. Be sure to review it every so often with someone you trust to keep the information useful and up to date.

1. Important phone numbers: **Suffolk County Police: 911**

**L.I. Against Domestic Violence 24 Hour Hotline: 631-666-8833**

2. I will tell (name): \_\_\_\_\_ and (name): \_\_\_\_\_ about the abuse and ask them to help me if I use the code word or phrase:

\_\_\_\_\_ .

3. I will leave before I think a situation will get violent. I usually know when things are getting violent when: \_\_\_\_\_

\_\_\_\_\_ .

4. My partner may try to persuade me not to leave by:

\_\_\_\_\_ .

5. I can get around this persuasive behavior by:

\_\_\_\_\_ .

6. I will save all harassing or threatening emails, text messages and voicemails in the event I want to report the incidents to the police.

7. I will set my social media (Instagram, Facebook, Twitter, etc.) profiles to private and ask my friends to do the same.

8. I will ask my friends and family to not tag photos of me on any social networking site.

9. I will never post my whereabouts on my Facebook, Twitter, or any other social media.

10. I will be careful and not inform my partner that I am planning on ending the relationship as this might place me at greater risk of violence.

11. I will remember that the abuse is not my fault and I do not deserve to be treated this way. I will not be ashamed to tell someone about the abuse and ask for help.

12. I will remember that I am a strong person and can grow stronger when I end the relationship.

**24 hour hotline at (631) 666-8833.**

*You are not alone. We are here to help.*