



PREVENT DATING ABUSE

Dating Abuse Safety Plan



Initiation Phase

**Know Your Rights...
You Matter!**



Planning Phase

**Develop a detailed
roadmap to keep
you safe.**



Execution Phase

**Complete your Teen
Safety Plan.**



Control Phase

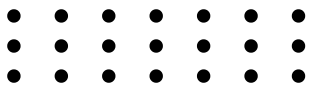
Create Your Statement!



Healing Phase

**Find your joy... Take
back your life!**





Initiation Phase

I am Valuable

Why Do I Need a Safety Plan?

There is never an excuse for abuse! Everyone deserves a relationship that is healthy, safe, supportive and free from violence or fear. If your relationship is hurting you, it's NOT your fault. While you can't control someone else's actions, you CAN create a plan to stay safe. Let's make one together!

What is a Safety Plan?

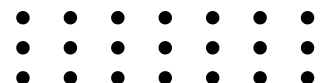
It's your personal safety map—designed to help you avoid danger and stay safe at school, home, and in public. You can do this workbook solo or with someone you trust.

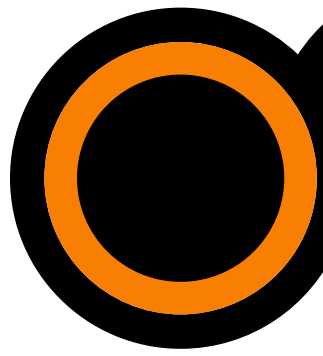
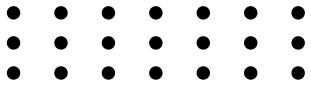
Tips Before You Start

- Fill it out with honest, personalized answers—this is for YOU.
- Keep your completed plan somewhere safe (or share it with someone you trust).
- Talk to a school counselor, social worker, or adult advocate for extra support.

Know Your Rights

- I have the right to set boundaries.
- I have the right not to engage in sexual activity without feeling guilty or pressure.
- I have the right to express my opinions.
- I have the right to change my mind.
- I have the right to be respected.
- I have the right to feel safe.
- I have the right to privacy.
- I have the right to develop and grow in my own unique gifts and talents.
- I have the right to hang out with my friends.
- I have the right to break up without being threatened emotionally.
- I have the RIGHT TO BE ME!





Planning Phase

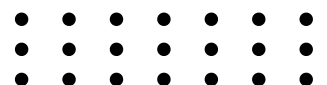
Establishing My Safety Plan

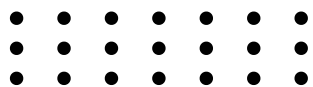
What are some signs I've noticed in my relationship that make me feel unsafe?

Who are the trusted adults I can contact at school?

What is my code word or emoji I can text that means I need help?

Who can I walk with between classes and where can I go on campus to feel safe?





Emergency Contact Names & Phone Numbers:

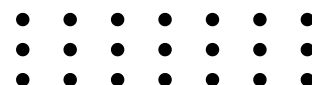
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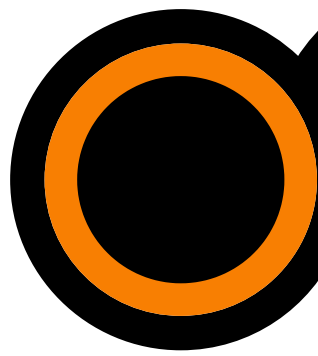
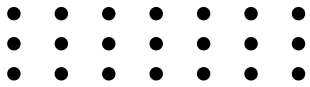
What neighbors, friends, co-workers or family should I notify of my situation?

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Who can I talk to regarding obtaining a restraining order if necessary?

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Execution Phase

Take Action

“Go Now” Bag Checklist

- Spare money
- Gas in the car
- ID
- Birth certificate
- Social Security card
- Change of clothes
- Medications
- Restraining order (if issued)
- Cell phone & charger
- Important keys

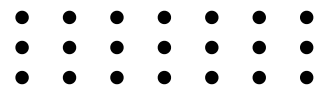


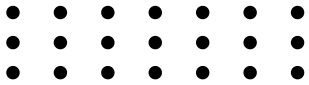
Digital Boundaries

- Block the abuser on all social media
- Block their phone number
- Use a new private phone number
- Inform mutual friends you don't want them to be a go between

Daily Safety Actions

- Carry my phone and emergency numbers with me at all times
- Keep someone I trust informed of my location
- Avoid isolated areas and never walk alone if possible
- Stay away from places my abuser might be
- Avoid communication with my abuser
- Call 911 if I feel at risk
- Ask friends to keep phones on in case we get separated
- Go out in groups, especially at night
- Know where exits are in public places
- Avoid unwanted digital communication
- Block/report abusive texts, calls, posts
- Keep a journal of abusive behavior



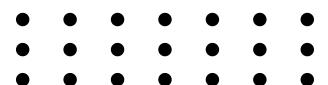


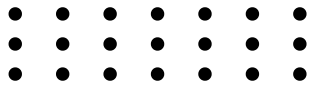
What are three things I like about myself?

What are my strengths and talents I want to grow in?

How can I help others through volunteering?

What is my empowerment statement, my promise to myself?





Healing Phase

Finding My Happy

An abusive relationship can be emotionally draining and affect your mental and physical well-being. Your partner has most likely become a big part of your life. After ending the relationship, you may begin to regret your decision and may even miss your dating partner. You may begin to feel sad and lonely after the break up. It can be easy to remember all of the good times in the relationship. Remind yourself of why you left. Later, you may become angry toward the abusive partner. Don't give them any more of your time. Keep in mind the best revenge to an abusive relationship is living a life full Don't give them any more of your time. Keep in mind the best revenge to an abusive relationship is living a joyful, healthy life.

- Talk to an individual you trust. You may want to consider counseling to understand how this abusive relationship occurred and escalated.
- Get involved with a support group. It can be helpful to connect with others who have experienced what you have. Get back to the activities you used to enjoy.
- Try something new.
- Smile!
- Take time to heal and just be YOU!
- Be mindful not to jump back into another relationship. It is OK to focus on you and your growth.
- Get to know yourself again and remind yourself of the amazing person you are. You have your own unique gifts and talents.
- Set your goals and succeed!

