



EMPOWERING ADULTS...CHERISHING CHILDREN

*Safety, advocacy, healing, and hope for victims  
of family violence in West Yavapai County since 1980.*

## Safety Plan for Young Adults

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Many teenagers today deal with violence and extremely scary situations much too often in their lives. It's really important that you know how to take care of yourself, especially when you are around people fighting. When you are dealing with unsafe or violent situations at school, with friends, or at home, it can help you keep yourself safe to make a plan of how to handle these situations.

Make a list of unsafe or violent situations you have been through before.

How did you handle these situations before?

What could you do in the future to get out of violent situations safely?

What code word can you use with friends, your parent, or caregiver to call for help? Have a conversation with your parent or caregiver and make a plan.

Where will you go and how will you get there?

Who can you talk to about it?

Emergency numbers to call:

Hotlines (to talk or text someone and get help)

- Crisis Text Line: Text HOME to 741-741
- \_\_\_\_\_
- \_\_\_\_\_

Sometimes it can be difficult to deal with violence and other life situations. Talk to an adult or caregiver if you ever feel sad, depressed, or have thought about hurting yourself. You can also call the National Suicide Prevention Lifeline at 1-800-273-8255.



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As you begin dating, it's important for you to understand dating violence and how it can affect you and your friends. Knowing about dating violence can help you prevent it from happening to you or friends, and help you learn how to have truly healthy relationships. Real love exists in a relationship when both people share an equal respect for each other as individuals. Even though control might feel like love sometimes, it's NOT. Dating violence occurs in many forms, whenever one person in a relationship tries to control or hurt the other person. This can happen through put-downs, insults, pressuring for affection, even shoving and hitting, and can cause physical and emotional pain.

Make a plan for what you can do when you meet somebody, when you go out on a date, and when you need to end a relationship.

**When you meet someone**, make sure you ask these questions....

How well do I know this person?

Does this person make unfair comments about the opposite sex often? (i.e. "All girls are dumb./ All boys are stupid.")

Do any of your good friends warn you about this person?

Do you have any bad gut feelings about saying "yes"?

The most important thing when meeting someone is to listen to yourself – if you have ANY bad gut feelings about this person, you need to trust this instinct. If you get this feeling, check with three of your closest friends about this person, and trust their instincts too. Because they are outside the situation, they are a great gauge for telling what's really going on, and how healthy this other person is for you.

**When you go on a date**, make sure you...

- Double date, hang out in a group, or go on dates in public places.
- Have your own money so you can pay your own way, if you need to use a payphone, or need to get a cab ride home.
- Let someone know what your plans are, what number they can call to find you, and what time you'll be back by.
- Don't let your date pressure you into doing anything or saying anything you don't feel completely comfortable with.



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### **When you're dating someone...**

- Does your date ever give you the silent treatment when upset?
- Does your date ever make you feel guilty about what you want to do?
- Do you find yourself asking "What's wrong?" or apologizing all the time?
- Does your date question you if you talk to or hang out with other people?
- Does your date use alcohol and drugs?
- Does your date drive recklessly, especially with you in the car?
- Does your date want to know where you are all the time or track you through social media?
- Does your date want to control where you go and who you see?
- Does your date call you names, insult you, or put you down in front of others?
- Does your date ever touch you without your permission?
- Does your date ever threaten to hurt him/herself if you break up?
- Does your date ever threaten to or use physical force to hurt you?

If your date does any of these things, he or she may be potentially violent.

To keep yourself safe, you need to get out of the relationship.

Who can you talk to about it?

- Helpline/Call or Text "Loveis" to: 1-866-331-9474
- \_\_\_\_\_

### **Ending the relationship...**

Try to end it over the phone, so they can't physically hurt you.

After you end it, how can you keep yourself safe? (locking windows and doors, walking to school with a friend, turning off your location on social media, unfriend and/or blocking them from all your social media accounts, etc.)

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When you decide to leave, make sure to absolutely stick with your decision. It's also important to let someone know what is going on, and when you are at risk, so that they can help you stay safe by looking out for you, and also help you feel better by listening to you. If you have a friend in a potentially violent relationship, it's important that you listen to them about what's going on and help them find a way to stay safe too!

After you do break off the relationship, it's very important for your own safety to have **NO CONTACT AT ALL** with the abusive person, this includes contact through text message or social media. He or she may seem to be calm and nice, but this doesn't mean they are. Even if he or she claims they are ok and just want to be friends, you must say **NO**. Abusive people are very manipulative and can't be trusted when your safety is at risk. Leaving someone abusive is extremely dangerous, and horrible things **CAN** happen to anybody. Be especially careful if your ex tries to reestablish a contact in person (for example, if he or she asks you to come over to pick up your things). You must not be alone with this person at all. If they ask you to come over and pick things up, then send a few friends to pick them up for you; **DO NOT GO** yourself.

Finally, make sure you take **ANY** and **ALL** threats an abuser makes seriously, and report them to an adult or the police. Abusers are not safe or predictable, and you may need to talk to an adult about getting an Order of Protection. This will protect you by not allowing the abuser to contact you or harass you in any way. All these things may seem overwhelming, but there are many adults who can help you with keeping safe if a violent or hurtful situation should happen to you. Just remember, you deserve better, you deserve to be safe, and you deserve to be respected by every single person in your life!