



## Plan For Your Safety

**If my partner and I have an argument at school and I feel unsafe, I can**

Talk with the school guidance counselor or social worker, my homeroom teacher, or my parents.

**If my partner threatens me on the way home from school and I feel unsafe, I can**

Call the police on my cell phone or go to the police station and call my parents to pick me up.

**If my partner and I get into an argument at my house, I can**

Go to a room where others will hear the arguing and/or to a room where there is less risk of injury.

**If I'm on a date and feel uncomfortable about being pressured for sex, I can**

Take a taxi or public transportation home or call a family member to pick me up.

**If I decide not to date a partner and they begin to stalk me, I can**

Go to a populated area, notify the school authorities, or notify the police and/or my parents.

**If my partner comes over to my house when I'm alone and I feel unsafe, I can**

Call the police, a family member and/or notify the school authorities immediately or at the earliest opportunity.

**If I begin to get threatening telephone calls and feel unsafe, I can**

Call the telephone company, dial \*57 to trace and register the calls and call the police department.

**Develop a code word for help that your friends and family know.**

**Make a list of the trusted adults at home, school, work, or in the neighborhood you can go to if you need help**

Developed by the Center Against Domestic Violence