

Teen Dating Violence Safety Plan

It is important to have a safety plan in place before attempting to end an abusive relationship. During & after breakup are the most dangerous periods. If you are interested in taking legal action, you may be able to get a Protection Order through the court. If you are being assaulted or are afraid that an assault is about to occur, call 911.

I will plan the breakup carefully with the help of people I trust. The more people who know what's going on and can look out for me/support me, the safer I am. These are some people I can trust to help me: _____

It is not safe to break up with my partner in an isolated place. I will try to do it in public with people nearby who are part of my safety plan. This is where and when I will break up with my partner: _____

This is who I will ask to be watching out for me during the breakup:

I will be very clear with my partner that I am ending the relationship and that my decision is final. These are the words I will use: _____

I will try to be prepared for my partner's reaction. It could be violent, or they may be very sad, or they may be sweet and try to win me back.

After breaking up, I will avoid being alone with my ex-partner, or being in a situation where they might try to talk me out of ending the relationship. This is what I will do if my ex tries to talk to me at my home, work, school or elsewhere:

This is what I will say if my ex calls me:

After breaking up, my ex may try to use other people to get through to me. If this happens, here is what I will say to them:

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Some other things I can do to keep myself safe:

- Keep a cell phone with me, along with important phone numbers.
- Ask friends, family and co-workers to screen my calls and not relay notes or messages from my ex.
- Block my ex's screen name so they cannot use Private or Direct Messaging to bother me. Prevent my ex's access to my page on Facebook, X, TikTok, Instagram, Snapchat, or other web sites where I share information.
- Change my routine so I'm harder to locate.
- Have friends go to and from school with me and walk with me between classes.
- Tell friends, family and co-workers to call the police if they see my ex bothering me.
- Have someone I trust travel with me, sit with me, stay by me or watch out for me at my job, school events and other activities.
- Arrange to call someone I trust to let them know that I have arrived safely or that I'm OK. If I do not call as planned, I will tell them to call the police.

