

Safety at Home

When family violence occurs:

1. Find a safe place in your house away from the violence.
2. Never try to stop the violence yourself because you could get hurt.
3. Call 911 for help.

If the situation becomes violent or abusive, I will move to a space that is safe, has access to an exit, and is nowhere near weapons. Places I can go are:

Try to stay out of areas such as the kitchen, bathroom, closets.

I will practice how to get out of my home safely. Exits I can use are:

This is the CODE WORD I will use with my children/family/friends so they can call for help:

If I have to leave right away, this is where I can go and whom I can call:

Where I can go:

Whom I can call:

Safety at School

When conflict arises:

1. Use words instead of violence to communicate your feelings. Use "I" statements such as, "I disagree..." and "I understand, but..."
2. Consider your choices and the consequences of fighting. Instead of fighting:
 - o Stay calm
 - o Avoid swearing, shouting or name calling
 - o Avoid making threats.
3. Be willing to walk away from the situation.

People you can contact for help resolving a conflict:

- Guidance Counselor
- Resource Officer
- Teacher
- Parent

Safety on a Date

If your date goes bad or if you feel unsafe while on a date:

- Go to the nearest store, restaurant, or safe building and ask them to call 911 or dial 911 yourself from your cell phone, but only if you are safely away from your abuser. Then call your parents or guardian.
- If no phone or safe place is nearby, scream as loud as you can "Fire." (People will help you sooner if you yell, "fire" than "help me.")
- If you have the opportunity to safely call family or friends while on the date, use a code word to alert them you need help.
- Once you sense something is wrong, try to leave the situation as safely and as soon as possible. Trust your instincts.

Safe dating tips:

- Get to know your date before being alone with him or her.
- Always make sure your cell phone is fully charged and have extra change with you in case your cell phone loses its charge or is out of range.
- Tell someone where you are going and when you will return. Call if your plans change.
- Never leave your drink unattended.
- Develop a code word with friends or family to alert them that you may be in danger and need help.

Other important people and phone numbers I need while on a date are:

SafeSpace 24-hour hotline number: (800) 244-5968

Name: _____

Number: _____

Name: _____

Number: _____

This is the CODE WORD I will use with my family/friends so they can call for help:
