

Safety Planning

Safety planning with teens is much the same as safety planning with adults. However, it is important to keep in mind that teenagers live and move in different places than adults. Their abusive partner may be a classmate, teammate, family member, neighbor, or parent of their child. Safety plans for teenagers may include issues of safety at school, parties, part-time jobs, in their homes, with friends, at school activities and in their neighborhoods. If the teenager is living at home they may have little control over their day-to-day lives. Teens have less control over aspects of their lives such as phone privileges, finances, daily routines, car use, where they live, what they wear and many other issues. Many teenagers spend more time with friends than with their family or adults. Exploring ways that teenagers can be safe with their friends and get help from their friends may be useful.

You should think ahead about ways to be safe if you are in a dangerous or potentially dangerous relationship. Check out our safety planning section, but also consider these points when creating a safety plan for a teen.

- ❖ Plan for your safety—The Battered Women's Project will help you – you don't even need to tell them your name
- ❖ Tell someone: school guidance counselors, teachers, church members, coaches, employers, neighbors, parents, families, and hotlines
- ❖ Let them know how to help you—If the first person you tell makes you feel bad then tell someone else; you deserve support
- ❖ Consider changing your route to/from school.
- ❖ Use a buddy system for going to school, classes and after school activities.
- ❖ If stranded, who could you call for a ride home?
- ❖ Keep a journal describing the abuse-- keeping a dated record of abuse can be helpful if you decide to use the civil and criminal justice systems
- ❖ Get rid of or change the number to any beepers, pagers or cell phones the abuser gave you.
- ❖ Keep spare change, calling cards, number of the local shelter, number of someone who could help you and restraining orders with you at all times.
- ❖ How can you communicate with friends if you are in trouble? (code word)

Battered Women's Project

24-hour hotline

1-800-439-2323 / out of state 207-769-8251