



Teen Safety Plan

Minimize violence and maximize safety by planning ahead if you are in an abusive relationship. While we can not control the behavior of others, there are precautions we can take to distance ourselves potentially dangerous situations. Below are a few things to consider when planning for teen safety.

General Safety

- Develop a support network of friends who you can spend time with away from your partner.
- Continue participating in activities that you enjoy.
- Educate yourself about healthy relationships and find resources that you can utilize.

Safety With Your Partner

- Try not to be alone with your partner. Go out to public places or in larger groups.
- Tell others your plans and let them know how to contact you.
- Try not to depend on your partner. Bring your own money, cell phone, and arrange for your own ride.

Breaking Up With Your Partner

- Break up with your partner in a public place.
- Let people know that you plan to break up with your partner.
- Talk to someone about what transpired during the break up.

Safety at School

- Tell school personnel about the violence and ask to change your schedule if you believe you may be harassed in class.
- Try no to be alone. Ask friends you trust to escort you to school, classes, and extra-curricular activities.
- Change your daily routine and find new hang out locations.
- Change your phone number, messenger screen name, and email. Privatize your social networking profiles.

Adapted from the "Love Shouldn't Hurt Project," King County, Washington

Asian Women's Home

A program of Asian Americans for Community Involvement (AACI).

Services provided in English and Asian languages.

24-Hour Domestic Violence Hotline: 408-975-2739