

The following steps represent my plan for increasing my safety and preparing in advance for the possibility for further violence. Although I do not have control over my partner's violence, I do have a choice about how to respond to him/her and how to best get myself to safety.

Name:

Date:

To increase my safety, I can do (some or any of) the following:

1. When I have to talk to my abusive partner in person, I can:

2. When I talk to my abusive partner on the phone, I can:

4. When I feel a fight coming on, I will try to move to a place that is lowest risk for getting hurt, such as: (at school) (at home) (in public).

5. If I have ended the relationship, I can tell the following people and ask them to call the police if they see my abusive partner bothering me.

Teacher: _____

Friend: _____

Relative: _____

I will decide for myself if and when I will tell others that I have been abused, or that I am still at risk.

Friends, family, co-workers, and school personnel can help protect me, if they know what is happening, and how they can help.

1. I can tell my teacher, co-workers, boss, or a friend about my situation. I feel safe telling:

2. I can ask _____ or _____ to help screen my phone calls at home or work.

4. When walking, riding or driving home, if problems occur, I can:

5. If I use the school bus or public transportation, I can:

7. I can also:

For Myself

1. If I feel down, I can talk to sources of support, like friends, neighbours, a teacher, or crisis line. The people and numbers I can call include:

2. I can attend a support group for youth that have been abused. Support groups are held:

3. Other things I can do to make myself feel better:

Safety During An Argument

1. If we have an argument on a date and I feel unsafe, I will (Who could you call to get a safe ride home?) (What would you do if left in an isolated area?):

2. If we have an argument at school and I feel unsafe, I will (Who could help you?) (Where could you be safe at school?) (What teacher/counsellor/friends do you trust?):

Safety in My Home

1. I will _____ if he comes over and I'm alone and feeling unsafe.

(Who can you call to come over?) (Who can you call if you need help?)

2. I will _____ if we get in an argument and I feel unsafe. (What exits are there in your house?)

(Where are all the phones that you can use to call the police?)

3. When he calls and I feel threatened I will:

(Can you screen your calls with an answering machine?)

(Change your phone number?)

4. If I don't feel safe at home, I can go to _____ house or _____. (Friends/family members' houses you feel safe at and could stay over night if nec)



BUSINESS LINE 604.687.1868

PO BOX 21503 • 1424 COMMERCIAL DR. • VANCOUVER, BC V5L 5G2