

## **YOUTH SAFETY PLAN**

### **STAY OUT OF THE FIGHT**

You may want to get in the middle of the fight to protect and help your parent, but this is not a safe thing for you to do.

Stay out of the room where the fighting is happening.

### **AVOID GETTING TRAPPED IN A SMALL ROOM, A CLOSET, OR THE KITCHEN**

You may feel like hiding, but if you go into a corner or a closet, it may be hard to get out safely again.

Don't get trapped in the kitchen where there are objects that can be used as weapons.

### **FIND A PHONE IN A SAFE PLACE, CALL 911 FOR HELP, AND STAY ON THE PHONE**

Use a phone out of reach or out of sight of the batterer.

If you can't reach a phone safely in your own house, go to a neighbor's, relatives, or a friend you can trust and ask if you can use their phone.

Call 911, and stay on the line until someone answers.

Tell the dispatcher what is happening in your home, and ask for immediate help. Give the dispatcher your name and address.

### **ESCAPE TO A SAFE PLACE, FIND A RELATIVE OR NEIGHBOR AND ASK FOR THEIR HELP**

Think about which grownups you would feel safe talking to.

Don't give up if the first person you go to won't help. Try another adult. Keep trying until you find someone who is concerned.

### **ABOVE ALL, REMEMBER....IT IS NOT YOUR FAULT**

**Identify 3 personal safety strategies:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_