

## Teen Dating Safety Plan

### DATING SAFETY

- ▶ Consider double-dating or dating in groups until you know your dating partner well.
- ▶ Stay in public places, in familiar neighborhoods and surroundings.
- ▶ Before leaving on a date, know the exact plans for the evening and make sure a parent or friend knows these plans and what time to expect you home. Let your date know that you are expected to call or tell that person when you get in.
- ▶ Be aware of your decreased ability to react under the influence of alcohol or drugs.
- ▶ If you leave a party with someone you do not know well, make sure you tell another person you are leaving and with whom. Ask a friend to call and make sure you arrived home safely.
- ▶ Assert yourself when necessary. Be firm and straightforward in your relationships.
- ▶ Trust your instincts. If a situation makes you uncomfortable, try to be calm and think of a way to remove yourself from the situation.

### AVOID POTENTIALLY DANGEROUS SITUATIONS

- ▶ Arrange to travel with someone to and from school or work. Walk with friends between classes and after-school activities. Try not to be alone in a school building.
- ▶ Develop previously arranged code word to alert friends or family members that you are in a dangerous situation or need immediate help.
- ▶ Have a duplicate set of car keys in a location that only you know.
- ▶ Make sure you always have some emergency money for bus or cab fare or to make a phone call.

### SAFETY ISSUES IF YOU HAVE ENCOUNTERED ABUSE

- ▶ After the relationship is terminated, your safety depends on not having contact with the abuser, which includes not talking to or meeting with them. Stay busy with positive interactions and goals.
- ▶ Use your instincts. If you find yourself in a dangerous situation, call the police.
- ▶ Know where the nearest pay phone is located and how to get there.
- ▶ Keep emergency phone numbers in a convenient and safe location:
  - All 800 numbers, 911 emergency, and the operator are free at pay phones
  - Call 911 for police
  - Call 1-800-827-8840 for EDVP's Crisis Line (24 hours)

- Call 1-800-799-SAFE for the National Domestic Violence Hotline (24 hours)
- Call 1-800-656-4673 for the National Sex Abuse Hotline (24 hours)
- ▶ If you are stranded and don't have money, dial "0" to call the operator. You can then place a local collect call to arrange for someone to pick you up.
- ▶ If you are over 18, obtain a protective order; keep your order with you and call police if the order is violated.
- ▶ Talk to a trusted adult or to a professional therapist.
- ▶ Inform trusted friends and family members of the past violence and to call police if your partner comes near you and if they hear violence.
- ▶ Change your cell phone number. Don't use a cell phone with GPS tracking.

## AT SCHOOL, ON THE JOB, AND IN PUBLIC

- ▶ Alert your school administrators or counselors and, if necessary, arrange for classroom changes.
- ▶ Decide who at work you will inform (include security, provide picture of abuser).
- ▶ When at work, if possible, have someone screen your phone calls.
- ▶ Have someone escort you to and from your car/bus/train.
- ▶ If possible, use a variety of routes to come and go from home.

Source: National Center on Domestic and Sexual Violence