

Safety Plan

Need to leave a harmful relationship? Here's how to do it safely.

One of the reasons why teen relationship violence continues to be a problem is because society doesn't always recognize that it is there - believing that only married adult couples experience relationship violence. We know this isn't true, and we also know that teens need all the resources that adults do.

One of these resources is something called a safety plan. Maybe you aren't ready to leave your relationship, maybe you are ready and you just aren't sure how? The following Safety Plan is something that can give you some ideas about leaving a relationship - whether you live with your abusive partner or not, this information can assist you and maybe even save your life.

Are you thinking about breaking up with an abusive partner?

If things in your relationship don't feel right to you, talk about it with someone you trust. Decide which friend, teacher, or relative, you can go to in an emergency. Contact the police to learn how to obtain a restraining order and make a safety plan.

Preparing to break up with an abusive partner:

- Identify whether or not you need to leave your home (maybe you live with that person or if you live with your family you still might not feel safe).
- If you do need to leave consider contacting local shelters in the area.
- Discuss the break up with a parent, a teacher, a counsellor or close friends.
- Make decisions about who you are going to tell about your situation.

Safety at home:

- If needed, change your phone number, email address and routes to school/work
- Make sure that when you are home alone all of your windows and doors are locked
- If you are comfortable, let your parents/family members/house mates know what is going on and where you are going to be
- Know where the emergency numbers are if you need to call them
- Safety at school:
- Decide who you want to tell about the break up and/or the abuse
- Consider changing your path to school
- Consider talking to a teacher or counsellor that you trust in case you need their help in an emergency