



# Partnership Against Domestic Violence presents... ...a microlesson on **safety planning**

## TEEN DATING VIOLENCE PREVENTION PROGRAM

### OBJECTIVES

Initiate a conversation regarding personal safety and develop a plan detailing what to do if you, your teen, or a friend is experiencing dating violence.

### WHAT IS A SAFETY PLAN?

A safety plan is a personalized plan detailing a course of action when an individual is forced to leave or seek assistance during a dangerous situation, such as dating violence.

Even if you are not in a dating relationship, being aware of safety measures and available resources can be life saving.

Safety planning includes physical, emotional, mental, and financial security precautions.

### WHY IS SAFETY PLANNING IMPORTANT?

A safety plan is a concrete and concise plan that is a valuable resource during a time of crisis when adrenaline is pumping and our normal thought process is disrupted. What you might think is obvious information can easily be displaced or forgotten if not prepared.

Safety planning can create a space for a larger conversation to occur regarding personal safety. It also can ease anxiety in a young person and allow them to build confidence surrounding their own personal agency.

### HOW TO SAFETY PLAN

- Dedicate thirty minutes to an hour to have an uninterrupted conversation
- Identify environments that your young person frequents: home, school, work, particular extracurriculars, or well known friends houses
- Establish points of exit, action plans, and deescalation tactics
- Name trusted individuals, such as family members, trusted friends, and neighbors who are capable of assisting
- List phone numbers, and resources
- Create a code word
- Handwrite your own or download a printable safety plan
- Keep your safety plan in a secure but easily-accessible place in case of emergency

To conclude, ask each other the following questions: What is a safety plan? Why is it important? How can we support friends through safety planning? How can we stand up for ourselves? What resources are available in our community?

### TIPS

- Create an environment that is comfortable, understanding, and non judgmental.
- Ensure this is a precaution and in the individual's best interest.
- If you are a parent or guardian, create a safety plan yourself! Safety planning is for everyone.

**INTERACTIVE  
SAFETY PLANS:**

**FOR  
TEENS**

**FOR  
TEENS  
#2**

**BASIC  
SAFETY  
PLAN**