

Teen Safety Plan

My Support Network

If I feel confused, depressed or scared, I can call the following people:

Name: _____ Phone #: _____
Name: _____ Phone #: _____
Name: _____ Phone #: _____
Name: _____ Phone #: _____

S.A.F.E Place and Sexual Assault Services are a confidential resource and available 24hrs in case you'd like to access them for support.

S.A.F.E Place: 269-965-7233

Sexual Assault Services: 888-383-2192

In an emergency, I can call the following people at any time, day or night:

Name: _____ Phone #: _____
Name: _____ Phone #: _____
Name: _____ Phone #: _____
Name: _____ Phone #: _____

Digital Safety Tips

- Change passwords and usernames.
- Check your devices and settings. Make sure there are no apps on your phone that you do not recognize. Turn off your Bluetooth when you are not using it.
- Get a new device (if possible) if you think that your device is being monitored by your abuser.
- Protect your location. Look to see if your location-sharing is turned on in any of your devices. Check to see if there are any location trackers on your vehicle(s).
- Limit the information you give out about yourself and your location on social media.
- Check-in with friends to make sure they are not sharing information that you are not comfortable with.
- Change your social media settings to private.

About Us

The Calhoun County Youth Violence Prevention Project (shortened to YVP) is a joint project spearheaded by S.A.F.E Place and Bronson Sexual Assault Services (SAS). We exist to provide evidence-based and multi-session prevention education to youth in Calhoun County around issues of domestic and dating violence, sexual assault, stalking and sex trafficking.

In addition to prevention education, our Prevention Educators and Outreach Counselors present in local schools to connect students who have experienced domestic violence, dating violence, sexual assault, stalking, or sex trafficking to free services available at S.A.F.E Place and SAS.

Contact

S.A.F.E. Place
24 /7 Hotline: (269) 965-SAFE (7233)
P.O. Box 199
Battle Creek, MI 49016
safeplaceshelter.org

Sexual Assault Services
24/7 Hotline: (888) 383-2192
36 W. Manchester St
Battle Creek, MI 49037
www.sascc.net

Calhoun County Youth
Violence Prevention Project

Information adapted from Love Is Respect's Campus Safety Plan

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Teen Safety Plan

A guide for teens impacted by dating violence and sexual assault and their parents, guardians, or other trusted adults

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If you are interested in creating a safety plan, staff at S.A.F.E Place or Sexual Assault Services can work with you to create a plan that feels most comfortable to you. You deserve support. A safety plan is aimed at increasing safety and reducing risks, however, it is not a guarantee of safety. Below are some planning tools that may be helpful to you. No matter what, it is not your fault if you experience harm.

In Case of Emergency

If I live with or near my abuser, I will have a bag ready with these important items in case I need to leave quickly (check all that apply):

- ☐ Cell phone & charger
- ☐ Keys
- ☐ Driver's license or other forms of ID
- ☐ Copy of Restraining Order (if you have one)
- ☐ Copy of No-Contact Order (if you have one)
- ☐ Toiletries
- ☐ Birth certificate, social security card, immigration papers, and other important documents
- ☐ Change of clothes
- ☐ Medications
- ☐ Cash, if possible
- ☐ Special photos or other valuable items
- ☐ If I have children— anything they may need (important papers, formula, diapers)
- ☐ If I have pet(s)— anything they may need (registration, records, medications)
- ☐ Other _____

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Accommodations at School

I can talk to the following people if I need campus accommodations like assistance in rearranging my class schedule or transferring lockers in order to avoid my abuser, or if I need help staying safe on campus:

- ☐ S.A.F.E Place: 269-965-7233
- ☐ Sexual Assault Services: 888-383-2192
- ☐ School Counselor

Staying Safe at School

- The safest way for me to get to class is: _____

_____.
- These are places on campus where I often run into my abuser: _____

_____.
- There may be places on campus where it is impossible to avoid my abuser. If I need to go to one of those places I can ask a friend to go with me. I will ask: _____,
_____ and/or _____.
- If I feel threatened or unsafe when I am on campus, I can go to these public areas where I feel safer (dining hall, quad, etc.): _____
_____.

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Staying Safe at Home

- I can tell these people (roommates, friends, If I live on campus: RLCs, or RAs) about what is happening: _____ and _____.
- There will be times when I am home alone. If I feel unsafe during those times, I can have people stay with me. I will ask: _____ and/or _____.
- The safest way for me to leave my housing in an emergency is: _____.
- If I have to leave my housing in an emergency, I should try to go to a place that is public, safe and unknown by my abuser. I could go here: _____, _____, and/or here: _____.
- I will use a code word so I can alert my family, friends, and/or roommates to call for help without my abuser knowing about it. My code word is: _____.
- If I have to leave my home without my pet, I can contact: _____, _____, and/or _____ for support.

National Resources

- Domestic Violence Online Hotline: www.thehotline.org
- Love is Respect Text Hotline: Text loveis to 22522
- National Dating Abuse Helpline: 1-866-331-9474
- Suicide Hotline: 988

Getting Free and Confidential Support

On-Campus:

- Grace Health Student Health Center
- School Counselors

In the Community:

- S.A.F.E Place: 269-965-7233
- Sexual Assault Services: 888-383-2192
- Summit Pointe: 800-632-5449