



### TEEN SAFETY PLAN

You have the right to be healthy and safe. A good safety plan helps you think through lifestyle changes that will help keep you as safe as possible at school, at home and other places that you go on a daily basis.

#### These are things I can do to help keep myself safe everyday:

- I will carry my cell phone and important telephone numbers with me at all times.
- I will keep in touch with someone I trust about where I am or what I am doing.
- I will stay out of isolated places and try to never walk around alone.
- I will keep the doors and windows locked when I am at home, especially if I am alone.
- I will avoid places where a bully or his/her friends are likely to be.
- I will avoid speaking to a person who is bothering me, or bullying me. If it is unavoidable, I will make sure there are people around in case the situation becomes dangerous.
- I will call 911 if I feel my safety is at risk.

#### These are things I can do to help me stay safe at school:

- I will find the safest way for me to get to and from school, and let my friends and family know my route and timing.
- I will make sure that a friend can walk with me between classes.
- I will eat lunch and spend free periods in an area where there are school staff nearby.

#### These are things I can do to help keep myself safe in my social life:

- I will ask my friends to keep their cell phones with them while they are with me in case we get separated and I need help.
- I will not go out alone, especially at night.
- No matter where I go, I will be aware of how to leave safely in case of an emergency.
- I will leave if I feel uncomfortable in a situation.
- I will spend time with people who make me feel safe, supported and good about myself.

#### These are things I can do to stay safe online and with my cell phone:

- I will not say or do anything online that I wouldn't in person.
- I will set all my online profiles to be as private as they can be.
- I will never give my password to anyone other than my parents or guardians.
- I will not answer calls from unknown, blocked or private numbers.
- I will save and keep track of any abusive, threatening or harassing comments, posts, texts, or voice mail messages.
- If I am harassed or bullied I will change my usernames, email addresses and/or cell phone number.

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