

Plan for Your Safety

If my partner and I have an argument at school and I feel unsafe, I can:

Talk with the school guidance counselor or social worker, my homeroom teacher, or my parents.

If my partner threatens me on the way home from school and I feel unsafe, I can:

Call the police on my cell phone or go to the police station and call my parents to pick me up.

If my partner and I get into an argument at my house, I can:

Go to a room where others will hear the arguing and/or to a room where there is less risk of injury.

If I'm on a date and feel uncomfortable about being pressured for sex, I can:

Take a taxi or public transportation home or call a family member to pick me up.

If I decide not to date a partner and they begin to stalk me, I can:

Go to a populated area, notify the school authorities, or notify the police and/or my parents.

If my partner comes over to my house when I'm alone and I feel unsafe, I can:

Call the police, a family member and/or notify the school authorities immediately or at the earliest opportunity.

If I begin to get threatening telephone calls and feel unsafe, I can:

Call the telephone company, dial *57 to trace and register the calls and call the police department.

Develop a code word for help that your friends and family know.

Make a list of the trusted adults at home, school, work, or in the neighborhood you can go to if you need help

Developed by the Center Against Domestic Violence



working to end domestic violence in our community

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