

Staying Safe at School

I could talk to the following people if I need to rearrange my schedule or need help staying safe at school:

- School Counselor
- Coach
- Teachers

- Principal/Vice Principal
- Security
- Others

The safest way for me to get to and from school/class is:

I usually run into my abuser in these places: _____

I will try to avoid these places as much as I can or go when s/he won't be there. _____

If I feel threatened or unsafe when I am at school, I can go to these public places where I feel safe (cafeteria, staff office, etc): _____

Staying Safe in Class

I can tell these people about what is going on in my current or former relationship:

I can make sure that a friend can walk with me between classes. I will ask: _____

Staying Safe Emotionally

My abusive partner often tries to make me feel bad about myself by saying or doing this: _____

When he/she does this, I will think of these reasons why I know my abuser is wrong: _____

I will do things I enjoy, like: _____

Stay Safe Everyday

- I will always carry my cell phone w/ important #'s saved.
- I will tell those I trust where I am or what I am doing.
- I will never walk around alone or be in isolated places.
- I will avoid talking to my ex/abuser, even in class or common areas.
- I will remember the abuse was NOT my fault.
- I will spend time with people that make me feel safe & good about myself.
- I will save any abusive posts or texts.
- I will not communicate with my ex/abuser on social media.
- I will change my passwords on my facebook, cell phone, etc. (Your ex/abuser may have them, w/o your knowledge).

Getting Help in My Community

Call 911 or call my
Local Police Station

Free, local assistance

_____ - _____

LGBTQ Hotline

1-888-843-4564

National Hotline

1-800-799-SAFE