

safety planning

The Center for Anti-violence Education (CAE) suggests that providers who work with LGBTQ youth consider working with each program participant on a safety plan. A safety plan, as shown below, does not take much time to develop, and can help a young person formulate prevention strategies to be safe in the face of major life changes, such as leaving a violent relationship, or moving from one living situation to another. Staff should keep a copy of the safety plan on file, and give one to the youth to keep with them at all times. Each young person's safety plan should be re-visited periodically, as answers may change. This also helps to reinforce safety concepts and keep the conversation about safety and violence and prevention going.

- 1) If I decide to leave home/shelter/friend's place for a short or long time, places where I feel safe are:

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- 2) I will contact _____ and _____ (*trusted persons*) to let them know where I am.

- 3) I will keep an extra copy of all important numbers so I will be able to call for help when I need it. This includes _____ (*organization*) at _____ (*organization's phone number*).

- 4) If I am leaving or thinking of leaving a relationship, I know I am more at risk of violence, so I will call _____ before taking action, and also afterwards if I feel scared or threatened or am hurt.

- 5) I need to carry ID/documentation with me at all times I will make extra copies of ID/Documentation to keep in a safe place or with

_____.

6) I will choose a safety strategy or strategies from the list provided and try to practice it to keep myself safer. The strategy that I want to use in my life is

MY PERSONAL EMERGENCY CONTACTS

List up to three names and phone numbers of people or organizations you trust and can call when you're thinking about using your Safety Plan. You may want to look at the Resources List for names and contact information of organizations that offer counseling, safety, and support services.

Name	Phone number/E-mail

STRATEGIES FOR SAFER LIVING

- Practice **awareness** in the street and when hanging out with friends and/or working.
- Trust my **instincts** when I feel I am in danger or I need to act.
- Remember I can **say no** when I need to, and refuse to get involved with a person or situation that does not feel safe.
- Try to **negotiate** so I can move myself out of danger.
- Get someone I trust to walk with me when I am drunk or high, not able to make decisions well, or in a neighborhood I know to be “unfriendly.”
- **Tell** someone if I feel I am in danger or have been hurt, whether I think it is my fault or not.
- Remember no one deserves to be attacked, abused, or disrespected, and that includes me.

If you need help, In New York, use the NYC Anti-Violence Project's hotline for LGBTQ people dealing with violence and relationship abuse at 212-714-1141. They will take collect calls from anywhere. There is also the National Dating Abuse Hotline: call 1.866.331.9474, or text #HOPE from Verizon Cells.