

## SAFETY PLANNING FOR YOUNG PEOPLE

### **If you live in a violent home...**

While you can't control another person's behaviour, it is important to take action to keep yourself as safe as possible.

- Contact someone you can trust like a relative, teacher or school guidance officer. Try to explain how you or your family has been hurt. If the person doesn't listen or doesn't believe you, tell someone else.
- Where could you go quickly to get away from an abusive person? If you need to leave in an emergency do you have a safe place to go – somewhere that is public, safe and unknown by the perpetrator?
- Don't put yourself in any danger to try and protect someone else.
- Organise a code word so you can alert you family, friends and neighbours that you are in danger and to call for help without the perpetrator knowing about it.
- If you live with your perpetrator, have a bag ready with important items in it in case you need to leave quickly – a mobile phone with charger, spare money, public transport ticket, keys, ID, Birth Certificate, change of clothes, medications, special items of value.
- Remember the abuse is not your fault and you deserve a safe and happy home life.
- If you're in immediate danger, call 000

### **If you are in a violent intimate relationship...**

It is important to take action to keep yourself as safe as possible, whether you decide to remain in the relationship or not. While you can't control another person's behaviour, you can take action to keep yourself as safe as possible.

- Plan for your safety at home, school, and in community settings. This includes planning who you can go to for help and what to do to escape a dangerous situation.
- Get adult help if you can. Talk to someone you trust like a relative, teacher or school guidance officer about the violence and abuse. If the person doesn't listen or doesn't believe you, tell someone else.
- If you feel you can't tell an adult you know, call **safe steps** on 1800 015 188 for support and advice.
- Let friends and family know about your safety plan.
- Have a list of phone numbers you can call in case of an emergency and a mobile phone or change for a payphone and a public transport ticket with you at all times.
- When you go out, always tell someone where you're going and when you expect to be back.

- Avoid being alone or being alone with the abuser. Try to be with a friend, family member, or other people, at home, school, and in public places.
- Use a buddy system for going to school, classes and after school activities.
- Get rid of any mobile phones the abuser gave you.
- Consider changing any mobile phone number, email address, etc. that the abuser knows so that the abuser can no longer contact you.
- Keep a journal describing the abuse - a record with dates and descriptions of each violent incident. Save and keep track any abusive, threatening or harassing comments, posts and texts.
- Spend time with people who make you feel safe, supported and good about yourself.
- Remember the abuse is not your fault and you deserve a safe and happy relationship.
- If you're in immediate danger, call 000