



TM

Safety Plan
Teen Safety

Teen Safety

SAFETY AT HOME

- Make sure all the doors and windows are locked.
- If someone comes to the door, check to see who is there. If you don't know who it is, don't answer. Never let a stranger into the house.
- Keep the curtains drawn.
- At night, turn the outdoor lights on.
- Don't let anyone know if you are home alone.
- If you answer the phone and you don't know who it is, do not let them know if you are by yourself. Tell the caller that whoever they asked for is busy at the moment.
- Are you familiar with your neighbours? If there was an emergency do you feel comfortable going to them? Have a plan and phone numbers handy.

SAFETY AT SCHOOL

- If you or another student have been threatened or harmed in anyway, you need to report it to a teacher, counsellor, coach or principal.
- If you are concerned for your safety, try to remain with other students when walking to class, eating lunch or any extracurricular activities.
- Make sure that you call your parents or caregiver to let them know where you are and what you are doing.
- If needed, make arrangements for a family member or friend to drop you off or pick you up at school.
- If there is an emergency during the day and your parent(s) or caregiver work, do you have someone to call and somewhere to go?

SAFETY OUTSIDE THE HOME OR SCHOOL

- Be aware of your surroundings when you go out at anytime but especially at night. You may be a little more vulnerable when you are attending a concert, going to the movies or the shopping mall. Avoid being alone.
- Try to make arrangements for a ride home or keep extra money for a taxi.
- If you take public transportation, sit near the bus driver.
- Carry a charged cell phone.
- Do not walk around with headphones.
- Don't wear a hoodie or keep your head down texting/using your cell.
- Carry a personal alarm or whistle.
- You need to be aware of your location should you have to call 911.

NAMES AND NUMBERS OF THOSE I CAN CALL DURING AN EMERGENCY:

Name: _____

Phone # _____

Name: _____

Phone # _____

EMOTIONAL SAFETY

- You can talk to a family member or trusted friend about what is going on.
- Surround yourself with people who are a positive influence.

FRIENDS AND FAMILY TO CALL IF YOU JUST NEED TO TALK:

Name: _____

Phone # _____

Name: _____

Phone # _____

- Take care of your sleep and nutritional needs.
- Keep a journal & write at least one positive thing about yourself everyday.

REMEMBER —
ABUSE IS NOT YOUR FAULT,
YOU DESERVE TO BE SAFE.

See "[Internet, Technology and Safety Plan](#)" for additional information.



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