

YOUTH SAFETY PLAN

SAFETY AT HOME

1. Call 9-1-1 for Police help if you are afraid that you or someone else will be hurt.
2. Tell the Police where you are and give the address
3. Tell the Police who is being hurt and who is involved
4. Practice how to get out of your home safely. Which doors, windows, or stairs would be best?
5. Identify a neighbour you can go to for help

SAFETY AT SCHOOL

1. If you or someone else is afraid of being hurt, tell: a teacher, school principle, parent, adult you trust or call 9-1-1
2. Ask your school to help each person write a safety plan

SAFETY ON THE STREETS

1. If you are afraid of being hurt, go to the nearest store and ask them to call 9-1-1, or call police from a pay phone. If there is no store or pay phone, scream as loud as you can

IF YOU OR SOMEONE YOU KNOW IS BING OR HAS BEEN HURT

1. Tell an adult you trust
2. Call 1-800-655-7867 for information on how to help him or her
3. Encourage him or her to get help
4. Act quickly. He or she may be in immediate danger

WHAT TO DO IF YOU HAVE BEEN SEXUALLY ASSAULTED

1. Go to a safe place
2. Do NOT blame yourself
3. Do not bathe, cover physical injuries, or change clothes
4. Call the crisis line nearest you
5. Get medical attention

6. Talk to someone you trust

HEALTHY DATING TIPS

1. Trust your instincts; if it feels bad, it probably is.
2. Communicate clearly what your sexual expectations and limits are
3. Plan dates in public places until you are familiar with the person
4. Tell someone where you are going on your dates
5. Be assertive; insist on being treated with respect