

## WHAT IS A SAFETY PLAN?

A Safety Plan is a guide that you have prepared to help lower your risk of being hurt by an abusive partner. A Safety Plan is crafted to help keep you safe.

## WHY DO I NEED A SAFETY PLAN?

Everyone deserves a relationship that is healthy, safe and supportive. If you are in a relationship that lacks one of these characteristics, it is important for you to know that the abuse is NOT your fault. It is also essential that you start thinking of ways to protect yourself and avoid further harm from your aggressor, whether you decide to end the relationship or not. While you can't control your partner's abusive behavior, you can take action to keep yourself as safe as possible..

## HOW DO I MAKE A SAFETY PLAN?

The safety plan provided here will help guide your action steps and provide you with resources to assist you should matters escalate.

## STAYING SAFE EMOTIONALLY

When my abuser says things to me that are harmful, I will think of these reasons why I know they're wrong:

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I will do things I enjoy, like:

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## GETTING HELP IN YOUR COMMUNITY:

**Emergencies:** 911

**Loveisrespect:** 1-866-331-9474

**Waukegan Police Department:**

PHONE- 847-599-2608

**Legal Advocacy- A Safe Room Lake County Courthouse**

PHONE- 847-360-6471

18 N County St, Waukegan, IL 60085

**Zacharias Sexual Abuse Center:**

PHONE- 847-244-1187

4275 Old Grand Ave, Gurnee, IL 60031



## SAFE YOUTH SAFETY PLANNING

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## TEEN'S GUIDE TO SAFETY PLANNING:

If you have questions about dating in general or a specific relationship, or are in an unhealthy or abusive relationship, you deserve support and resources.

A Safe Place and CYN are here to help. Feel free to reach out to any of us for resources and help specific to your situation.

**A Safe Place Hotline:** (847) 249-4450

2710 17<sup>th</sup> St. Zion, IL 6099

**CYN:** (847) 548-6000

18640 W. Belvidere Rd. Grayslake, IL 60030

## STAYING SAFE AT SCHOOL

The Safest way for me to get to and from school is:

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If I need to leave school in an emergency, I can get home safely by:

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

\_\_\_\_\_ and  
/or \_\_\_\_\_

These are some places I feel safe: \_\_\_\_\_

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# WE ARE HERE TO HELP

## STAYING SAFE AT HOME

I can tell this family member about what is going on in my relationship:

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There may be times when no one else is home. During those times, I can ask:

\_\_\_\_\_ to stay with me.

The safest way for me to leave my house in an emergency is:

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Safe place for me to go that is private, safe, and unknown by my abusive partner:: \_\_\_\_\_

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I will use \_\_\_\_\_ as my code word so I can alert others to call for help.

