

A YOUTH'S GUIDE TO STAYING SAFE IN UNSAFE SITUATIONS

1 FORM YOUR SAFE SQUAD

List the peeps closest to you that you trust with your life & you can rely on.

Let them know that they are now a part of this special crew.



2 GET TOGETHER

Gather your squad to discuss your "I got your back" safety plan.

3 DEFINE YOUR PURPOSE

Get super clear on **why** you are creating this safe squad.

Basically, to look out for each other when someone is meeting someone new, someone that nobody *really* knows, e.g. a new date.

4 CREATE A MANIFESTO

A manifesto is a declaration of your purpose as a safe squad.

Set clear boundaries and rules that reinforce your purpose and commitment to keep each other safe.

5 CREATE CODE WORDS

Agree on which words or symbols to use and what they will mean when you are in an uncomfortable situation.

For example, sending a **blank text** means to get me out of this situation NOW.

6 LIST NEXT STEPS

Set up the next steps to take when a coded text has been sent.

7 CREATE A SAFETY PLAN

Share all the deets about who you'll be meeting - what they look like, where you'll be going, etc.

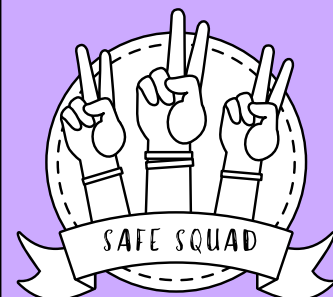
Designate **safe places** (at least 3!) to escape to.



8 DON'T FORGET!

Store key emergency numbers in all your phones.

Make sure everyone is crystal clear on the plan.



SOME THINGS TO KEEP IN MIND

1 YOUR VOICE MATTERS

Be clear about your boundaries and be strict about them.

Know what is within and beyond your limits.



2 RESPECT YOURSELF

And make sure that those you hang out with respect you too - that their actions and behavior are respectful.

3 DON'T LET SNITCHING STOP YOU

It is *not* snitching when telling an adult keeps you or someone else from being hurt or helps you feel safe.

It's life saving!!

4 UNCOMFORTABLE? IT'S OKAY TO LEAVE

If you feel uncomfortable in a situation, leave as soon as possible.

Employ your "I've got your back" Safety Plan with your Safe Squad.



5 TRUST YOUR INSTINCTS

Your gut feelings are almost 100% right!! Don't second guess them.

6 DON'T WORRY ABOUT HURTING FEELINGS

You can always explain yourself later when you feel safe.

Your safety is priority!

7 DON'T REALLY KNOW THEM? DON'T LEAVE WITH THEM.

Don't go off with someone you don't know or trust. They may not have your best interest in mind.

Have a back-up plan & use it!



8 IN THIS CASE, IT'S OKAY TO BE TRACKED

Always let people know where you are. Send your locations to your Safe Squad.

