

## 3 Tools to Teach your Teens (or Tweens) to Help Them Escape an Unsafe Situation



### CREATE A SAFETY PLAN

Have your teen type out the 333's in the "NOTES" section of their phone:

- 3 TRUSTED ADULTS**  
These are adults whom they feel comfortable talking to, including you!
- 3 SAFE PLACES**  
Where can they go to in a moment's notice? A place that is easily accessible for them to get to.
- 3 EMERGENCY NUMBERS**  
These numbers are more like hotlines they can call anytime - 24/7. Some useful ones are:
  - ➔ **IF YOUR CHILD IS IN IMMEDIATE DANGER, HAVE THEM CALL 911**
  - ➔ **NATIONAL HUMAN TRAFFICKING HOTLINE: 1-888-373-7888**
  - ➔ **LOVE IS RESPECT NATIONAL TEEN DATING ABUSE HOTLINE: 866-331-9474**
  - ➔ **SAFE PLACE: 888-290-7233**



### TEXT THE "X"

If your teen is in a situation that he/she doesn't want to be in, all they have to do is simply **text you "X."** Once you receive the text, **call your teen** using this basic script:

**TEEN:** Hello?

**YOU:** Something's come up and I have to come and get you right now.

**TEEN:** What happened?

**YOU:** I'll tell you when I get there. Be ready to leave in five minutes. I'm on my way.

### IMPORTANT TO NOTE:

"The X-plan comes with the agreement that we will pass **no judgments and ask no questions** (even if he/she is 10 miles away from where he/she's supposed to be)."

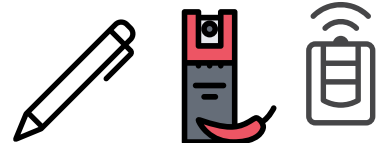
src: Created by Bert Fulks, youth minister and educator at Empty Stone Ministry

### *Pro Parent Tip:* **ARM THEM WITH PROTECTIVE GEAR\***

Provide your teen with age-appropriate protective gear they can use in times of **real need**. By making sure they know how and when to use these tools, it could prove to be a lifesaver.

#### Some items to consider:

- a tactical pen
- pepper spray
- high-pitched alarm keychain



# PARENTAL STRATEGIES

“If you fail to plan,  
you plan to fail.  
Don't fail your kids!”



## TEACH THEM SITUATIONAL AWARENESS

Basically, teach your teen **how to be aware of their surroundings** and the importance of **observing and recalling** vital details.

You can start with **common sense** actions like:

- Being **free of distractions** when out walking/running alone (e.g. no earphones in both ears, especially at night)
- **Observe your surroundings** (e.g. if an area you're walking through is not lit, take a different path that has light)
- **Observe details** about things that seem out of the ordinary (e.g. test them when you're out together on what they can recall)
- Teach them **how to say 'no' to anyone** who makes them feel uncomfortable, especially when they're acting inappropriately regardless of their position of power



## PREVENTION RESOURCES

Here are a few recommended resources to reference and add to your prevention arsenal:

### ➔ SAFER, SMARTER FAMILIES

Aids parents in creating a safe plan for their family and children through interactive activities, making it easy and fun.

[safer-smarter-families.org](https://safer-smarter-families.org)

### ➔ SMART SOCIAL

Provides digital citizenship social media safety education for High Schools, Middle Schools, school districts, teachers and parents of teens.

[smartsocial.com](https://smartsocial.com)

### ➔ DAMSEL IN DEFENSE

Provides cutting-edge personal protection products to protect women, children and families, such as pepper-spray & high-pitched alarms.

[mydamselpro.net/vegasdamsel](https://mydamselpro.net/vegasdamsel)

## *Pro Parent Tip:* KNOW WHERE YOUR TEEN IS

**Require your teen to share their location with you at all times.** Whether it's by verbally telling you where they will be and/or tracking them electronically, you have a right to (and should!) know where and who your teen will be with when they're out.

Apps make it so much easier for us now to check-in on our kids wherever they are, at anytime. Here are a few apps to check out whether you are an iPhone family or an Android family or a mix:

- Life 360 ([Android](#), [iOS](#))
- Google Family Link ([Android](#), [iOS](#))
- Find My Friends ([iOS](#))

