



Dating Violence

Teen Safety Planning Tips

"I'M GOING OUT WITH A NEW PERSON I DON'T KNOW TOO WELL"

- Consider double dating the first few times you go out with them.
- Before leaving on the date, make sure you know the exact plans and tell your parent or friend these plans and time expected at home.
- Let your date know that you are expected to call or let someone know when you get in.
- Have a friend follow up with you to make sure you got home safely.

"MY NEW PARTNER WANTS ME TO SPEND ALL MY TIME WITH JUST THEM"

- Stay in touch with your friends. Make it a point to keep in contact with other people.
- Say involved in activities you enjoy. do not stop doing things that make you feel good.

"SOMETIMES I AM SCARED WHEN I AM ALONE WITH MY PARTNER"

- Go out to a public place with your partner. Try not to be alone or in an isolated location.
- Let others know where you are and what your plans will be.
- Always try to keep a cell phone on you.
- If you feel in danger, do not be scared to call the police. Do not minimize your fears.

"I WANT TO BREAK UP WITH MY PARTNER, BUT I AM AFRAID OF WHAT HE WILL DO"

- If you think the situation might be dangerous, do not break up in person. Do it over the phone, text or DM.
- If you end up breaking up in person, do it in a public place and do not leave with them.
- Have a friend with you, or tell a friend or parent what you are going to do and where you will be.

- Call a friend or counselor afterwards to talk about what happened.
- If he gave you a cellphone to get rid of it, they may be able to track you on it with GPS.
- Change your passwords to anything to which they may have access .
- Plan for the times when you will miss them.

"MY EX PARTNER IS THREATENING ME; I AM AFRAID OF HIM"

- Consider telling your parents or a family member what is happening. They can help you screen calls and visitors.
- Try to not be home alone.
- Make sure the doors and windows are locked in the home.
- Talk to a local domestic violence agency about what you or your parents might be able to do about getting an order of protection.
- Keep documentation about what they are doing to harass you.

"MY EX PARTNER IS HARASSING ME AT SCHOOL"

- Try to not be alone. Let your friends know what is happening so someone can walk you to class and have lunch with you.
- Tell teachers, counselors, coaches, security guards about what is happening.
- Change your routine. Do not come to school or leave the same way. Leave with someone else.
- Change your locker.
- Talk to the school about rearranging your class schedule.
- If someone is stalking or threatening you, this is illegal and can be reported.

**Turning Point's 24 hour hotline:
(815) 338-8081**



TURNING POINT, INC.

Taking a stand against domestic violence in McHenry County



Technology/Digital Abuse Safety Planning Tips

“MY PARTNER SAID THAT HE WOULD POST PICTURES OF ME ONLINE IF I DID NOT DO WHAT THEY SAID”

- There is no way to prevent someone from posting pictures of you online or sharing them with others.
- Any image that you post can be copied and shared online.
- If you are under 18 years old and someone posts a naked photo of you, that person can be arrested for child pornography. If you post the naked image of yourself, you could possibly face consequences for distributing child pornography.
- If your partner posts sexual pictures of you without your consent, they may be charged under revenge laws.

“MY PARTNER IS POSTING NEGATIVE AND THREATENING COMMENTS ON INSTA”

- Use privacy controls on social media to limit what they can see or post on your page.
- You can make a report to the social networking site if someone is threatening you.
- Use screenshots to copy threats and keep as record.

“MY PARTNER TEXTS ME A LOT AND MAKES ME CARRY MY PHONE WITH ME AT ALL TIMES, IS THIS ABUSE?”

- If someone feels they need to be in constant contact with you, this is a form of control.
- In a healthy relationship, your partner will not get upset if you do not respond to text messages and phone calls right away.
- In a healthy relationship, you can turn your phone off or leave it at home.

“MY PARTNER ASKS ME TO SEND SEXY OR NAKED PICTURES OF MYSELF AND ASKS ME TO TALK DIRTY TO THEM”

- This is called sexting. You never have to feel obligated to talk about anything or send messages that make you feel uncomfortable in a healthy relationship.
- Once you send a picture or text, you lose control of how it is used.
- Remember that pictures on cell phones can be easily shared and distributed. Be careful what images you allow to be taken of you.

“HOW CAN I SAFETY PLAN AROUND SOCIAL MEDIA WHEN I AM TRYING TO LEAVE/BREAK UP WITH MY PARTNER?”

- Delete them from your social media and set your page to private.
- Ask your friends not to post any information about where you are or what you are doing.
- Make sure you do not post any information about your location or plans.



1 IN 3
ADOLESCENTS IN
THE U.S. IS A
VICTIM OF
PHYSICAL,
SEXUAL,
EMOTIONAL OR
VERBAL ABUSE
FROM A DATING
PARTNER

If you think you may be in an abusive relationship, help is available.



TURNING POINT, INC.

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24 HOUR HOTLINE: (815) 338-8081



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