

The Mayor's Commission Against Domestic Violence wants YOU to design our new "Teen Dating Violence" card.

Safety Planning for Teens

You should think ahead about ways to be safe if you are in a dangerous relationship. Here are some things to consider in designing your own safety plan.

- What adults can you tell about the violence and abuse?
• What people at school can you tell in order to be safe—teachers, principal, counselors, security?
• Consider changing your school locker or lock.
• Use a buddy system for going to school, classes and after school activities.
• What friends can you tell to help you remain safe?
• If stranded, who could you call for a ride home?
• Keep a journal describing the abuse.
• Get rid of or change the cell phone number the abuser gave you.
• Keep spare change, calling cards, number of the local shelter, number of someone who could help you and protective orders at all times.
• Where could you go to get away from an abusive person?
• What other things can you do?

Back

Expect Respect
Police Emergency 911
Marion General Hospital 662-4694
Emergency 24-Hour Victim Assistance 664-0701 or 1-800-434-8973
Front

WHAT: Create your own credit card size design for the front and back of the card. Keep the same info on the respective sides.
HOW: Draw and scan it saving your art as a 300 dpi. OR Create it electronically and save it as a PDF or EPS file.
WHO: Attach your art work to an email with your name, grade and school to Hands of Hope: lwilk@famservices.com
WHEN: Submit your design by March 18th at 4:00 pm. The top three entries will be posted on the Mayor's Commission Against Domestic Violence facebook page. Your friends can vote to make you the winner!
WHY: Help us end abuse among teens! Win a press conference with Mayor Seybold during "Crime Victim's Rights Week" (Apr 18-24). Also win a \$50 Wal-Mart gift card!