

Protecting Yourself

Sexual predators use the Internet to find potential victims. Following these steps will help you protect yourself against possible harm:

- ◇ Privacy settings ~ Adjust personal settings on all social media accounts so your pages are private; only close friends and family should have access to information you post.
- ◇ Personal information ~ Never post personal or work addresses, phone numbers or email addresses. Create a moniker or use only your first name to help protect your identity.
- ◇ Posting pictures ~ Be careful about the pictures you choose to represent you. A provocative or sexually suggestive photo may send the wrong message about your intentions.
- ◇ Avoid meeting in person ~ Never arrange a face-to-face meeting with someone you've met only on the Internet!
- ◇ Trust yourself ~ If someone posts something online that makes you feel uncomfortable, walk away and tell someone you trust. Remember, don't ever do something online that you would not do in person.

24-hr crisis line
(812) 336-0846



IF YOU HAVE BEEN A VICTIM OF VIOLENCE

The first thing you need to consider is your own safety. Contact our crisis line at (812) 336-0846 and we can tell you about options for community resources, counseling, legal advocacy, and support groups.

Middle Way House

PO Box 95

Bloomington, IN 47402

(812) 333-7404 (admin)

(812) 323-9063 (FAX)

(812) 336-0846 (24-hr crisis line)

www.middlewayhouse.org



Teen Safety Plan

**You have the right
to be safe!**



Implementing and sustaining
meaningful alternatives to
living with violence.

Safety on a Date

Date People You Know & Trust

Get to know your date before agreeing to be alone together.

Tell someone where you are going and what time you will be home. Talk to a trusted adult before you go out.

Stay alert.

Always carry emergency money & I.D.

Know your boundaries/limits before you go out, communicate them clearly, and stick to them.

Make a list of telephone numbers: including MWH; crisis line (812) 336-0846, and friends who you can call if you feel in danger.

IF YOUR DATE GOES WRONG . . . go to the nearest public place and call 911 or ask an employee to call 911. Use the App circleof6 (android and Apple). If there is no store and you are around other people, scream “FIRE” as loudly as you can.

For more information, ideas on healthy relationship skills, and ways you can prevent violence, visit us on Facebook and Twitter at @BHR4TEENS.

Safety at School

If you are the target of harassment or bullying...

Report incidents to school authorities. Share what is happening with family members and/or another trusted adult.

Stay calm and avoid accusations, shouting or name calling, because these can escalate an already tense situation. Choose nonviolent communication.

Use “I” statements to communicate (“I feel hurt when I am insulted”), instead of accusing.

Try not to be alone. Tell your friends about the abuse and have them walk to classes with you and spend time during lunch together.

Change your routine. Don’t always come to school the same way or arrive at the same time. Always have someone with you.

If you have experienced abuse at the hand of your boyfriend/girlfriend/partner...

Talk to somebody you trust who is an adult, such as a coach, counselor, or family member, because they can help you navigate the challenges of being required to be in the same space as your abuser.

Safety at Home

If there is violence between the adults in your home...

Do not try to get in the middle or stop a fight. It may escalate the situation. Your parent or guardian’s violence is not your fault.

Use a safe word that you can text to a friend when you need intervention. The text will mean, “help,” “come get me,” “come over,” or “call me now!”

Find a safe neighbor or relative and ask for help.

Go to a safe place if possible, never small spaces like closets or bathrooms.

Call 911 for help and give the operator your location.

If you’re in trouble or need help, text SAFE and your current location (address/city/state) to 69866.

National Safe Place connects you to the closest location where you can get immediate help and safety.

