

## Teen Dating Safety Tips

### Dating Safety

- Consider double-dating or dating in groups until you know your dating partner well.
- Stay in public places, in familiar neighborhoods and surroundings.
- Before leaving on a date, know the exact plans for the evening and make sure a parent or friend knows these plans and what time to expect you home. Let your date know that you are expected to call or tell that person when you get in.
- Be aware of your decreased ability to react under the influence of alcohol or drugs.
- If you leave a party with someone you do not know well, make sure you tell another person you are leaving and with whom. Ask a friend to call and make sure you arrived home safely.
- Assert yourself when necessary. Be firm and straightforward in your relationships.
- Trust your instincts. If a situation makes you uncomfortable, try to be calm and think of a way to remove yourself from the situation.

### Avoid Potentially Dangerous Situations

- Arrange to travel with someone to and from school or work. Walk with friends between classes and after-school activities. Try not to be alone in a school building.
- Develop a previously arranged code word to alert friends or family members that you are in a dangerous situation or need immediate help.
- Have a duplicate set of car keys in a location that only you know.
- Make sure you always have some emergency money for bus or cab fare or to make a phone call.

### Safety Issues If You Have Encountered Abuse

- After the relationship is terminated, your safety depends on not having contact with the abuser, which includes not talking to or meeting with them. Stay busy with positive interactions and goals.
- Use your instincts. If you find yourself in a dangerous situation, call the police.
- Keep emergency phone numbers in a convenient and safe location.