



Youth Services Program Safety Plan

INTRODUCTION

A safety plan is a personalized plan that helps you avoid dangerous situations and helps you plan the best way to react in dangerous situations, so you can still keep yourself and your loved ones safe.

This guide will use the term “partner and ex-partner” to describe the person who may be harming me, has harmed me before or someone who is a threat to my safety. Depending on my situation, I may or may not still be with this person or may have never been with them.

The following steps are necessary for increasing my safety if my partner/ex-partner has harmed me or might harm me. This form can be helpful for me, whether I am still dating my partner, if I am no longer with my partner, and even if I was never involved with this person. I can skip anything that doesn't feel like it applies to my situation. When answering these questions, it is good to be specific.

If I feel unsafe at any moment, I can re-evaluate my safety plan to fit my needs. I am committed to my own safety and the safety of my loved ones.

I am not alone! This can be a very overwhelming process, and SAVE is here to help me every step of the way. I deserve to be in a safe and healthy relationship.

SAFE PEOPLE IN MY LIFE

Think of a few people in your life who you trust. Some might be adults and some of them might be people your same age. Write down the names of supportive people in your life who are willing to talk with you about your safety. Include contact info so you have actual phone numbers written down.

Friends:

1. _____
2. _____
3. _____

Relatives:

1. _____
2. _____
3. _____

Co-workers or Teammates:

1. _____
2. _____
3. _____

Teachers or School Staff:

1. _____
2. _____
3. _____

Other People in My Community:

1. _____
2. _____
3. _____

GENERAL SAFETY

I can commit to my safety in the following ways:

- ^By changing my passwords regularly and setting my social media accounts to private.
- ^By identifying trusted people in my life (Examples: My sister, my mom, my best friend, etc.):

- ^By posting on my social media when I am going out with my partner and where I am going.
- ^By identifying a person in my life that I would be comfortable always sharing my whereabouts with: (Examples: I always share my location with my mom on find my iphone, etc.):

- ^By asking someone to walk with me to my car, to wait with me for my ride to come, or to wait with me at the bus stop, etc. when I'm leaving work, school, or extracurricular activities.
- In the event that I need to meet with my partner/ex-partner, I can stay safe by meeting with them in a public space and/or asking a friend to join me.
- ^By setting up a "code word" with someone around me at school, work, or an extracurricular activity I can let them know I am unsafe. (Example: My codeword with my best friend is "pineapple," which we have established means "I am in a unsafe situation, please get help!")
- ^By identifying objects around me that can be used as a weapon against me.
- Identify safe and unsafe spaces around me. Identify all exits and places to avoid.



GENERAL SAFETY

Documentation can be very beneficial if I decide to get a restraining order. These are different ways that I can safely document the harm:

- ❑ I can safely keep a detailed record or evidence of harm and harassment towards:
 - Myself
 - My child(ren)
 - My family
 - My friends
 - My colleagues/coworkers
 - My pets

- ❑ I can save/print screenshots of the call log and caller I.D., photos of bruises/wounds/destroyed property, documenting when my partner/ex-partner harms me (physically, verbally, etc.)
 - This means I am able to provide a specific date, time, location of where the incident of harm happened, officer information (if reported), witnesses full name (if any), a brief description of the harm, etc.
 - I can keep phone log records of the date, time, and where the call/s originated from.

- ❑ I can record (recording your phone conversation may be used as evidence, depending on your state laws surrounding phone recording) and keep conversations with my partner/ex-partner brief, factual, and avoid emotion to support my case.

- ❑ I can save any medical records or recorded 911 calls I have made or that have been made by a witness (someone who saw/heard when my partner/ex-partner harmed me. (Example: My neighbor called the cops *because they heard my partner yelling and throwing things.)

- I can store these photos in a safe place that my partner doesn't have access to, or I can have someone that I trust hold on to them (i.e. my sister has my journal or a file on her computer.) I can also save these documents/photos in multiple places.
- If I feel safe enough, I can call 911
- I can email myself a detailed description of any harm (verbal, physical, sexual, etc.) that my partner does to me, after it happens.
- I can write in a journal about how I have been harmed.

If I do not have children, I can skip to page 7.

GENERAL SAFETY TIPS

- Be aware of all possible escape routes (i.e. doors, first-floor windows, basement exits, elevators, stairwells). Rehearse if possible.
- Choose a safe place to go in an emergency, such as a friend or relative's home (preferably a location your partner doesn't know about).
- Pack a survival kit and consider including:
 - Money for cab/bus fare
 - Change of clothes
 - Extra house and car keys
 - Birth certificates
 - Passports
 - Medications and copies of prescriptions
 - Insurance information
 - Checkbook and debit/credit cards
 - Legal documents such as separation agreements and protection orders, and jointly owned asset documents.
 - Valuables
- Conceal the kit in the home or leave it with a trusted neighbor, friend, or relative. Important papers can also be left in a bank deposit box.

- Try to start an individual savings account.
- Consider enrolling in California's Safe at Home program to help protect your privacy. Contact SAVE for info.
- During an argument, try to avoid spaces with sharp objects (i.e. razors, knives, gardening tools), such as the kitchen, bathroom, garage, or small spaces without access to an outside door.
- Memorize important phone numbers, such as SAVE's hotline number, the local police department number, and friends' numbers.
- Review and update the safety plan as needed.

GENERAL SAFETY

If my partner/ex-partner and I **have children together**, I know that while I am not with my children...

My children are safe at:

- My parent(s)/guardian's home
- Daycare/childcare
- School
- Babysitter's/nanny's home
- My friend or relative who has permission to watch over my children
- Their extracurricular activity (Example: gymnastics, soccer practice, etc.)
- Other:

My children are safe with:

Person 1: _____

Person 2: _____

Person 3: _____

My **emergency contact(s)** who I have given permission to pick up and care for my child are:

Person 1: _____

Person 2: _____

Person 3: _____

Visitation:

If my partner or ex-partner is allowed visitation with our child, the following person(s) will be there during the visits or hand-offs:

Person 1: _____

Person 2: _____

Person 3: _____

Other Considerations:

I may want to inform caretakers about who is NOT allowed to pick up or have

contact with my child.

STAYING SAFE AT HOME

Here is basic safety information about my home.

The following people live in my home:

Person 1: _____
Person 2: _____
Person 3: _____
Person 4: _____
Person 5: _____
Person 6: _____

Out of the people who live in my home (or live nearby), I can talk to the following people about my situation:

Person 1: _____
Person 2: _____
Person 3: _____
Person 4: _____
Person 5: _____
Person 6: _____

In my home, I feel **most** safe in these areas or at these times (Ex: I feel safest when my brother is home with me, I feel safest in my room):

Place 1: _____
Place 2: _____
Place 3: _____
Place 4: _____

In my home, I feel **least** safe in these areas or at these times (Ex: I don't feel safe home alone, I don't feel safe in my backyard at night):

Place 1: _____
Place 2: _____
Place 3: _____
Place 4: _____

SAFETY OPTIONS AT HOME

The following is a list of different things I can use/do to keep myself safe at home:

- If possible, identify my partner's/ex-partner's triggers
 - Think about how I can keep myself safe when my partner becomes angry
- Know all the exits, including what windows can open.
- Make sure that all doors and windows can fully lock.
- Decide which exit is safest to use if I need to leave suddenly.
- If there are security cameras or an alarm system set up in my home, ensure that I know how to use them.
- Lock up any guns or weapons.
- Think about safety planning for when I am home alone.
 - Do I have a phone with me at all times?
 - Do I have a trusted neighbor who can provide support?
- Change any codes or locks my partner might have had access to and inform any on-site security or neighbors about my partner/ex-partner.
- If I have a good relationship with my neighbors, I can consider:
 - Choosing a code with them to let them know if I need help.
 - Discussing what they should do if they feel that something isn't right or I may be unsafe. (Ex: call the police, call your trusted adult, etc.).
- If I am spending the night somewhere different, I can let a trusted person know where I am.
- If I have to leave home suddenly, this is a safe place for me to go to:

STAYING SAFE FOR HOMELESS YOUTH

The following is a list of different things I can use/do to keep myself safe if I am homeless or on the streets.

- Identify if there are youth homeless shelters in my community
- Identify if there are youth drop-in centers near me
- Ensure I have an emergency contact who knows my medical history
- Find something noisy to use to alert others if I am in danger.
- Identify service providers that can provide support:
 - Teen clinics
 - Counseling services
 - Domestic violence services
 - Sexual assault
 - Queer & trans services

If I am staying on the streets, I can do these things to stay safer:

- Stay in areas that...
 - I am familiar with, where I don't think my partner will be.
 - Have people nearby who I know and feel safe with.
 - The ground is cushioned, if possible (i.e grass, turf, tan bark, etc.)
 - Nearby somewhere/someone with a phone.
 - Are public spaces or will have people nearby (i.e liquor stores, parks, libraries, youth/community centers, etc.)

If I am a college student, I can skip to page 12.

STAYING SAFE AT SCHOOL: AGES 10-18

I might see my partner/ex-partner at school—either on my way to school, in the parking lot, or even in my classes. I can use the following questions to think about how I can keep myself safe at school.

Places I feel safe at school:

The following are places at school where I feel comfortable and can hang out freely because my partner/ex-partner won't bother me there (Example: gym class, lunch table with friends, GSA club, etc.):

Place 1: _____

Place 2: _____

Place 3: _____

People who can help me at school:

The following people are adults in my school who I trust and will support me if I tell them I am in an unsafe relationship (Example: Ms. Granera, the security guard, etc.):

Person 1: _____

Person 2: _____

Person 3: _____

Places that I **do not** feel safe at school:

I don't feel safe in the following places at school. This can include places where my partner/ex-partner has harmed me, where their friends hang out, where I could be harmed if I am alone, or places where there is low supervision by school staff (Example: eating lunch in the courtyard, alone in a classroom, hanging out in the back of the portable, etc.):

Place 1: _____

Place 2: _____

Place 3: _____

SAFETY OPTIONS AT SCHOOL

If I have shared with school staff that I am in an unsafe relationship, I can ask for the following support from my school:

- A place that provides a feeling of safety where I'm separated from my partner/ex-partner (Example: counselor's office, teacher's classroom, nurses office, etc.)
- Have any meetings that involve school staff separate from my partner/ex-partner (Example: principal/counselor meetings, scheduling meeting at different times, having different routes to get to and from the meeting, being escorted by a teacher/counselor/administrator/security guard to and from the meetings, etc.)
- The school will alert campus security about my situation
- Speak with a school counselor, therapist, or service provider outside of school (but during school hours, if my school allows this). Example: My local teen health clinic, LGBTQ+ resource center, DV agency, etc.
- Get and make up course work I may have missed while getting support during school hours

If my school is working with me to create a personal safety plan, the following are safety options I can request from my school:

- Move my partner's/ex-partner's locker
- Change or limit my partner's/ex-partner's routes to and from class and school
- Get a restraining order and inform anyone at school who is in my Protected Party

There may even be laws in my state that obligate my school to provide me with various options to increase my safety. For more information, I can visit:

<https://www.loveisrespect.org/resources/teen-dating-violence-laws/> to view my state's laws in regards to dating abuse.

STAYING SAFE AT SCHOOL: AGES 18-24

I might run into my partner/ex-partner at school—either on my way to school, in the parking lot, or even in my classes. I can use the following questions to think about how I can keep myself safe in my college campus.

Places I feel safe on campus:

The following are places at school where I feel comfortable and can hang out freely because my partner/ex-partner won't bother me there. (Example: library, student center, coffee shop, etc.):

Place 1: _____

Place 2: _____

Place 3: _____

People who can safely help me at school:

The following people are adults in my school who I trust and will support me if I tell them I am in an unsafe relationship. (Example: Professor, a friend who lives in my dorm, student center advocate, etc.):

Person 1: _____

Person 2: _____

Person 3: _____

Places that I **do not** feel safe on campus:

I don't feel safe in the following places at school. This can include places where my partner/ex-partner has harmed me, where their friends hang out, where I could be harmed if I am alone, or places where there is low supervision on campus. (Example: dorms rooms, building where partner/ex-partner has class, the campus bar, etc.):

Place 1: _____

Place 2: _____

Place 3: _____

SAFETY OPTIONS ON CAMPUS

If I have shared with school staff that I am in an unsafe relationship, I can ask for the following support from my school:

- A place that provides a feeling of safety where I'm separated from my partner/ex-partner (Example: counselor's office, teacher's classroom, nurses office, etc.)
- Have any meetings that involve school staff separate from my partner/ex-partner (Example: principal/counselor meetings, scheduling meeting at different times, having different routes to get to and from the meeting, being escorted by a teacher/counselor/administrator/security guard to and from the meetings, etc.)
- The school will alert campus security about my situation
- Speak with a school counselor, therapist, or service provider outside of school (but during school hours, if my school allows this). Example: My local teen health clinic, LGBTQ+ resource center, DV agency, etc.
- Get and make up course work I may have missed while getting support during school hours
- If I go out to a party, I can go somewhere that I am familiar with and have a sober driver who isn't my partner/ex-partner.

If my school is working with me to create a personal safety plan, the following are safety options I can request from my school:

- Moving my partner's/ex-partner's locker
- Changing or limiting my partner's/ex-partner's routes to and from class and school
- I can meet with my school safety officers to plan the safest way for me to leave school in an emergency
- Getting a restraining order and making sure I inform anyone at school who is in my Protected Party

There may even be laws in my state that obligate my school to provide me with various options to increase my safety. For more information, I can visit:

<https://www.loveisrespect.org/resources/teen-dating-violence-laws/> to view my state's laws in regards to dating abuse.

If I do not work or have an extracurricular activity, I can skip to page 16.

STAYING SAFE AT WORK/EXTRACURRICULAR ACTIVITIES

I deserve to be safe at work and extracurricular activities like sports, music, dance, or any other after-school activity. Does my partner know my schedule or the location of my extracurriculars/work? The following are things I can consider to can increase my safety in these spaces.

- Tell a trusted person at my work/extracurricular about my safety concerns and create a safety plan if my partner/ex-partner were to show up or call.
- Make sure that someone (coach, manager at work, on-site security, etc.) knows what my partner's/ex-partner's name is, and a description of their appearance if I can't provide them with a photo.
- Provide my employer or coach with my emergency contact information
- Ensure that my information is confidential (Example: If someone calls my job asking if I am currently at work, if I work there at all, or when I work none of my coworkers, employers, security guards, etc. will reveal this information. If someone asks my coach or teammates when our games are, if I am on the team or what time my game is, none of my teammates or coaches will reveal this information, etc.)
- Remind people to check-in with me first before sharing any photos of me or information about me on social media or online (Ex: team photo posted to Instagram, staff contact info on company website)
- Find out if there are working security cameras, emergency buttons, or alarms in the area and ask for a tutorial for how to use them.
- Identify all exits and phones, including which are the safest for me to use.
 - Create a specific safety plan if there is only one exit, or only one phone/no phones available to me.
- Request a copy of my workplace's policy on domestic violence and sexual assault.
- Inform management if taking a late night or closing shift alone, etc. will compromise my safety.
 - If I have to take a late shift, I can ask my manager to schedule someone else to close with me. I can ask a coworker or manager to stay with me until my ride comes to pick me up, or until the bus shows up.
- If traveling for an extracurricular activity, I can bring a trusted person with me.
- I know that the safest way to get to and from my work/extracurricular activity:

- If I need to leave my work/extracurricular activity in an emergency, I can get home safely by:



STAYING SAFE ON SOCIAL MEDIA

The following is a list of different things I can use/do to keep myself safe on social media:

- Know which accounts my partner/ex-partner or their friends/family follow me on.
- Unfriend and block partner/ex-partner and their friends/family.
- Change my passwords on all accounts to something very hard to guess.
- Delete all of the fingerprints that are saved on my phone, so that only I have access to my phone and its information.
- Report any harassment to social media platforms.
- Keep a record of our conversations and any attempts to contact me.
- Set accounts to private.
- Ignore friend requests from people that I don't know or other suspicious accounts.
- Unshare my location with anyone I have previously shared it with and turn off my location on Snapchat maps or any other shared maps.
- Refrain from checking in on apps that share my location or whereabouts.
- Make sure that my calendars are private and not shared with anyone.
- Tell friends to get my permission before tagging me in any posts or pictures, before posting our location, or sharing a photo that I'm in.
- If someone posts nude images of me, or images that are made to look like me (i.e. someone photoshopped my face onto a naked image of someone else), I can report it to the police as a crime.
- I can use Facebook's "Download Your Information" (DYI) feature, which can save all the activity on the site or on my page for later.

For Your Information:

- On iPhones, I can click the sleep/wake button five times in a row and it will call 911 for me. Turn "Countdown Sound" off in: Settings > Emergency SOS to silence the emergency call countdown alarm.
- On Facebook, I can turn on "Timeline Review" to approve any tagged photos of me or posts to my timeline before they are posted on my page publicly.
- Turn off notifications on apps so that way they don't pop up on my lock screen or home screen.
- In Find My Friends: Open the app. Tap Me and switch off Share My Location or slide left on a person's name to remove them.
- In Google Maps: Once you're in the app, tap the menu icon, then Location Sharing, then the contact you're sharing your location with, and switch off

Share Your Location.

- In Glympse: Once you're in the app, tap the triangle icon in the top right of the screen and then **Stop Sharing**.

STAYING SAFE ONLINE

The following is a list of different things I can do to keep myself safe online:

- If I am concerned that my partner/ex-partner could access my account and delete emails (which I have saved for evidence), I can print out or take screenshots of the content, including the headers. I will **NOT** forward emails as they will lose the identifying information needed for evidence.
- I can work with law enforcement to send a Preservation Letter to my phone company so that my data (text messages) isn't destroyed, as the carriers only keep them for a limited time. *Law enforcement can also do this with social media and online companies, to preserve information.
- I can save email content by printing or taking screenshots of the email. Before forwarding the email to anyone, I should save the email header (which is often hidden and can be found in the settings) because it contains the IP address, that can trace the email to whoever originally sent it. *Forwarded emails lose the IP address and make it hard to identify the original sender.
- I can take screenshots of any harm or harassing messages, comments, or posts that come up on my different social media/s or video game chats.
- I can report harm or harassment to the social media or website company so it can be taken down. I can also block a user from having access to my page.
- I can make sure to pick a username that doesn't include my real name, or other identifying information (i.e. where I go to school/work, what city I live in, etc.)
- I can make an email for social media, gaming or other online media, that doesn't contain my real name, and make sure each account has different passwords.
- I can search for myself online, specifying my hometown or job to narrow the search, and see what public information on my account/s, I can make private.
- I can click "no" when sites or apps offer to check your contact list to help connect you with your friends already on their site.

- I can opt-out of having my profile be searchable on the site itself, and from showing up in general search results (i.e. Google, Instagram, Facebook, etc.)
- I can read the privacy policies of apps and sites to find out eh else has access to my information and how my partner/ex-partner can get it.
- I can make sure that any links and attachments that are sent or advertised to me are valid.
 - P.S. if it is an unknown link, it may try to install spyware on my devices.
- I can use antivirus software, keep it updated, and regularly scan my devices.
 - I can periodically delete history, cookies, temporary internet files, and saved forms and passwords from my web browser.
- I can trust my instincts, and stop contact with someone at any time if I feel uncomfortable.
 - I can block this user and change my username, in order to keep myself safe.

Meeting up with someone from the internet or online games:

- I can let a friend know where I am going, some information about who I am meeting with (i.e. name, picture, username, address), and possibly share my location with them.
- I can meet someone when I am comfortable and ready to, and I can make sure that I am meeting up with them in a place where I feel safe, and public where there are a lot of other people around.
- I can make sure to not give out money to someone I have been talking to online, even if they say that is the only way they can meet me.
- If I feel uncomfortable when I meet up with someone in person, I can always choose to leave early and have someone pick me up.

STAYING SAFE IF I'M UNDOCUMENTED

These are some things to consider if I'm undocumented:

I AM READY TO LEAVE MY ABUSIVE RELATIONSHIP, NOW WHAT?

Things to pack before I leave:

Identification:

- Driver's license
- Birth certificate and children's birth certificates
- Social security cards (including children's)
- Money and/or credit cards that are in my name
- Checking and/or savings account information

Legal Papers:

- Protective order
- Copies of deed, lease or rental agreements for home
- Car registration and insurance papers
- Health insurance and life insurance papers
- Medical records (mine and my children's)
- School records (mine and my children's)
- Work permits/green card/visa
- Passport
- Divorce and custody papers
- Marriage license

Emergency Numbers:

- Your local police and/or sheriff's department
- Your local domestic violence program or shelter
- Friends, relatives and family members
- Your local doctor's office and hospital
- County and/or District Attorney's Office
- Other important numbers (list below): _____

Evidence:

- Any saved records (photos, voicemails, text messages, call logs, screenshots, emails, medical records, recorded call--including 911 call, etc.) of harm (verbal, physical, sexual) and harassment towards:
 - Myself
 - My child(ren)
 - My family
 - My friends
 - My colleagues/coworkers
 - My pets

Personal Items:

- Extra cash
- Extra set of house and car keys
- Eyeglasses/contact lenses
- Valuables (jewelry, technology)
- Medications (including child(ren))
- Pay-as-you-go cell phone (prepaid mobile device with credit/data purchased in advance before using)
- Pictures and sentimental items (i.e. security blanket, favorite toy, stuffed animal)
- Several changes of clothes for you and your children
- Baby items (i.e. bottles, formula, diapers, pacifiers, etc.)

BREAKING UP

Things to consider before and after I break up with my partner/ex-partner:

- I can call the SAVE hotline 24 hours a day to : (510) 794-6055.
- If I live with my partner/ ex-partner, I can create a pattern of regularly leaving my home, so that when I am ready to leave, my partner/ex-partner doesn't get suspicious of where I am going.
- I can learn the best route to get to a safe location.
- If I have my own car, I can keep my gas tank full.
- If I use public transportation, I can learn which buses, trains or subways will take me to a place where I feel safe.
- I can talk to someone I trust (i.e. friend, family member, teacher, coach, etc.)
- I can use my code word: _____ to let my support system know that I need immediate help.
- I can pick a safe and secret location where my support system can pick me up. My safety location is: _____(I understand that my safety location can change depending on where my harm happens.)
When picking a safety location, I can pick a place where I feel comfortable, safe and it is a public space.
- If I don't feel safe, I don't have to break up with my partner in-person.
- If I decide to break up in-person, I can do it in a public place and I can ask someone I trust to be nearby, just in case I need them.

PROTECTED PARTY

If I have a **restraining order** against my partner, these people and places are in my Protected Party:

Protected Party:

1. _____
2. _____
3. _____

Stay Away Order (*Protected Locations*)

- Me
- My home
- My job/workplace
- My vehicle
- My school
- Each person listed in my protected party
- Children's school or childcare
- My extracurriculars
- Other:

Scenario 1:

I am a 16 year old runaway (homeless youth), I stay with my partner most of the time, and they use this against me when we are fighting. What are my options?

Scenario 2:

I am 14 years old, I want to break up with my abusive partner but we have a lot of the same classes and we both take the same bus to school . What are my options?

Scenario 3:

I am 15, my partner sent my nudes to all of his friends when we got into an arguement. I want to tell someone but I'm afraid I will get in trouble, what are my options?

Scenario 4:

I am 12 years old, my partner always insults my intelligence and when I tell them to stop talking to me like that, they hit or push me. This has happened more than once, what are my options?

In-Person Teen Dating Violence Services

Agency	Services	Phone	Website
SAVE— Safe Alternatives to Violence Environments Fremont, CA	Hotline; Counseling; Restraining Orders; Shelter; TDV Presentations	24 hr Hotline (510) 794-6055	www.save-dv.org/youth-relationships/
Break The Cycle	TDV resources	Office: 310-286-3383	http://www.breakthecycle.org/
Family Violence Law Center Oakland, CA	Hotline; Restraining Orders; Child Custody; Visitation; Support	24 hr Hotline: 1-800-947-8301	www.fvlc.org/
Love is Respect	TDV resources for parents and teens	24 hr textline 1-866-331-9474 Text: “loveis” to 22522	http://www.loveisrespect.org/
National Teen Dating Abuse Helpline	24-hour national web-based and telephone helpline for teens (ages 13-18)	24 hr Hotline: 866-331-9474	http://www.thehotline.org/2007/02/new-national-teen-dating-abuse-helpline/#comments
Tri-Valley Haven Livermore, CA	Hotline; Counseling; Shelter; Restraining Orders; TDV Presentations	24 hr Hotline: (925) 449-5842	http://www.trivalleyhaven.org/
A Safe Place Oakland, CA	Hotline; Counseling; Shelter	24 hr Hotline: (510) 536-7233	http://www.asafeplacedvs.org/

Community Overcoming Relationship Abuse (CORA) San Mateo, CA	Hotline; Counseling; Shelter; Restraining orders; TDV Presentations	24 hr Hotline: (800) 300-1080	https://www.corasupport.org/
Ruby's Place Hayward, CA	Hotline; Counseling; Shelter; Restraining orders, Housing assistance	24 hr Hotline: (888) 339 - 7233	http://www.rubysplace.org/wp/
STAND! Concord, CA	Hotline; Counseling; Shelter; Restraining Order; Child assessment and treatment; Batterer's intervention	24 hr Hotline: (888)215-5555	http://www.standfov.org/
DeafHope Oakland, CA	Counseling; Prevention education; Referrals; Domestic violence counselor training	Office: (510) 267-8800	http://www.deaf-hope.org/
Men Creating Peace Oakland, CA	Domestic violence prevention education; Batterer's intervention; Ages 16+	Office (510) 730-0184	http://mencreatingpeace.org/
Terra Firma Diversion Hayward, CA	Batterer's intervention; Ages 18+	Office: (510) 675-9362	http://www.terrafirmadiversion.com/

Second Chance Newark, CA	Court-ordered programs; Batterer's intervention; individual and group counseling; Ages 18+	24 hr Hotline: (510) 792-4357	http://secondchanceinc.com/
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Online Teen Dating Violence & Digital Safety Services

Agency	Services	Website
Common Sense Media	Guidelines about how to use social media safely; great for parents; Spanish	https://www.commonsensemedia.org/
Connect Safely	Guidelines about how to use social media safely; great for parents	http://www.connectsafely.org/
Stop Bullying	Bullying info; Spanish	http://www.stopbullying.gov/
That's Not Cool	Guidelines, videos, tips, and interactive chats regarding digital safety	http://www.thatsnotcool.com/
A Thin Line	Information and tips regarding digital safety	http://www.athinline.org/

In-Person Sexual Assault Services

Agency	Services	Phone	Website
Washington Hospital Fremont	Medical support services for sexual assault & rape	(510) 797-1111	http://www.whhs.com/
Highland Sexual Assault Response Team Oakland	Medical support services for sexual assault & rape	(510) 534-9290	http://www.highlandemergency.org/
Valley Care Hospital Pleasanton	Medical support services for sexual assault & rape	(925) 416-3418	http://www.valleycare.com/
Rape, Abuse & Incest National Network (RAINN)	Hotline; Live Online Chat	24 hr Hotline: 1-800-656-4673	https://rainn.org/
BAWAR- Bay Area Women Against Rape Oakland, CA	Hotline; Counseling	24 hr Hotline: (510) 845-7273	http://www.bawar.org/

DeafHope Oakland, CA	Counseling; Prevention education; Referrals; Sexual assault counselor training	Office: (510) 267-8800	http://www.deaf-hope.org/
Community Violence Solutions San Pablo, CA	Hotline; Counseling; Prevention education; Sexual assault services	24 hr Hotline: (800) 670-7273	https://cvsolutions.org/
Tri-Valley Haven Livemore, CA	Hotline; Advocacy; Counseling; Support groups; Sexual assault services	24 hr Hotline: (925) 449-5842	http://www.trivalleyhaven.org/

Online Sexual Assault Resources

<i>Agency</i>	<i>Services</i>	<i>Phone</i>	<i>Website</i>
Rape, Abuse & Incest National Network (RAINN)	Hotline; Live Online Chat	1-800-656-4673	https://rainn.org/

Bay Area Women Against Rape (BAWAR)	Hotline; Counseling	(510) 845-7273	http://www.bawar.org/
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In-Person LGBTQ+ Services

<i>Agency</i>	<i>Services</i>	<i>Phone</i>	<i>Website</i>
CUAV Community United Against Violence San Francisco, CA	Support Groups; Advocacy; Based Peer Counseling	Office: (415) 777-5500	http://www.cuav.org/
HIFY- Health Initiatives for Youth Oakland, CA	A drop in safe space to meet new people; Play games; Get connected to resources; Ages 24 and under	Office: (510) 281-0980	https://hi4youth.org/programs/fabulous/drop-in/

<p>Oakland LGBTQ Community Center</p> <p>Oakland, CA</p>	<p>Drop-in hours and support groups; Crisis intervention referrals; Mental health and substance abuse counseling and referrals; Transgender advocacy services; Group social activities and outings; Housing advocacy; Leadership training and mentor program; Employment workshops and trainings</p>	<p>Office: (510) 882-2286</p>	<p>https://www.oaklandlgbtqcenter.org/</p>
<p>Gender Spectrum</p> <p>San Leandro, CA</p>	<p>Gender-Based education, training, and support for children of all ages</p>	<p>Office: (510) 778-4412</p>	<p>https://www.genderspectrum.org/</p>
<p>Lambda Youth Project</p> <p>Hayward, CA</p>	<p>Weekly support groups for people under the age of 20 who are LGBTQA</p>	<p>Office: (510) 247-8217</p>	<p>https://www.gayprom.org</p>
<p>Rainbow Community Center</p> <p>Concord, CA</p>	<p>Counseling for youth and families; Advocacy; Community outreach</p>	<p>Office: (925) 692-0090</p>	<p>https://www.raonbowcc.org</p>

Our Space Hayward, CA	LGBTQ youth ages 12-24; support groups and monthly social events	Office: (510) 727-9401	https://www.facebook.com/ourspacebayc/
Pacific Center Berkeley, CA	LGBTQ youth and adults; mental health and wellness services	Office: (510) 548-8283	http://www.pacificcenter.org/
GSA Network San Francisco, CA	Advocate, organize, and mobilize for safer schools and healthier communities	Office: (415) 552-4229	https://gsanetwork.org/

Online LGBTQ+ Resources

<i>Agency</i>	<i>Services</i>	<i>Phone</i>	<i>Website</i>
The Trevor Project	LGBTQ youth; suicide prevention	24 hr Hotline: 1-866-488-7386	http://www.thetrevorproject.org/

It Gets Better	Videos, interactive forum, legal support, and messages of hope for LGBTQ youth	Online-Only Resource	https://www.itgetsbetter.org
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In-Person Human Trafficking Services

<i>Agency</i>	<i>Services</i>	<i>Phone</i>	<i>Website</i>
MISSEY Oakland, CA	Case management; Mentoring program	Office: (510) 251-2070	http://missey.org/
Ruby's Place Hayward, CA	Hotline; Counseling; Shelter; Restraining orders, Housing assistance	24 hr Hotline: (888) 339-7233	http://www.rubysplace.org/wp/
Love Never Fails Dublin, CA	Prevention education; Shelter; Mentoring program; legal support; employment assistance	Main Office: (844) 249-2698	https://www.loveneverfailsus.com/
Tri-Valley Haven Livermore, CA	Hotline; Shelter; Restraining orders; Counseling; Advocacy	24 hr Hotline: (925) 449-5842	http://www.trivalleyhaven.org/

H.E.A.T. Watch Oakland, CA	Information and tips on human trafficking; Community education and events	Tip Line: (510) 208-4959	http://www.heatwatch.org/
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Online Human Trafficking Services

Agency	Services	Phone	Website
National Human Trafficking Hotline	Hotline; Text Line; Live Online Chat	1-888-373-7888	https://humantraffickinghotline.org/
Shared Hope International	Access to State Laws, Policy Research and Resources; Stories of Hope	1-866-437-5433	https://sharedhope.org/
Polaris Project	Text Line	Text Line: “BeFree” (233733)	https://polarisproject.org/

Books & Films

<i>Name</i>	<i>Description</i>
Teen Dating Violence (VIMEO)—FILM	Created by National Teen Dating Abuse Helpline 20-minute, on-line film capturing the escalating events that result in a violent relationship
Tornado Warning: A Memoir of Teen Dating Violence and Its Effect On A Woman’s Life—BOOK	Author: Elin Stebbins Waldal A memoir about teen dating violence.
When Dating Becomes Dangerous: A Parent’s Guide To Preventing Relationship Abuse—BOOK	Author: Barry Levy and Patricia Occhiuzzo Giggans Informative guide for parents to help queer and straight youth get through relationship challenges.
Audrie and Daisy- FILM	Written by: Michael Goodier The documentary follows three cases of rape and their outcomes through time, social media, court documents and police investigations.

<p>Mask You Live In- FILM</p>	<p>Written by: Jennifer Siebel Newsom</p> <p><i>The Mask You Live In</i> follows boys and young men as they struggle to stay true to themselves while negotiating America's narrow definition of masculinity.</p>
<p>Miss Representation- FILM</p>	<p>Written by: Jennifer Siebel Newsom</p> <p><i>Miss Representation</i> exposes how mainstream media and culture contribute to the under-representation of women in positions of power and influence in America.</p>
<p>Hunting Ground- FILM</p>	<p>Written by: Kirby Dick</p> <p>An exposé of rape culture on college campuses, poised to light a fire under a national debate.</p>

Health & Wellness Services

Agency	Services	Phone & Address	Website
Teen Clinic @ Tri-City Health Center	Confidential services for: <ul style="list-style-type: none"> • Sports physicals • Health education • Pregnancy testing • STI testing and treatment • Reproductive health education 	Office: (510) 770-8131 1999 Mowry Ave., Suite N, Fremont 94538	http://tri-cityhealth.org/medical-services/teen-clinic-2/
Tiburcio Vasquez Health Center	Confidential services provided at school site for: <ul style="list-style-type: none"> • Mental, sexual, emotional, and behavioral health • Immunizations • Pregnancy and STI testing • STI treatment • Birth control and Plan B prescriptions • Sport physicals • Wellness checks • Family planning • Pregnancy options counseling 	Office: (510) 471-5880 ext. 3758 Two locations: James Logan High School Tennyson High School	http://www.tvhc.org/Home.aspx

Youth Uprising	Confidential services for: <ul style="list-style-type: none"> ● Mental, emotional, and behavioral health ● Sexual health ● Peer group sessions ● Counseling ● Holistic wellness ● STI and pregnancy testing ● Prevention health screening 	Office: (510) 777-9909 8711 MacArthur Blvd. Oakland, CA 94605	https://www.youthuprising.org/
La Clinica	Confidential services for <ul style="list-style-type: none"> ● Physicals ● Immunizations ● Prenatal & postnatal care ● Pregnancy, HIV & STI testing ● Contraception ● Counseling 	Office: (510) 535-4000 Multiple locations in each county: Alameda, Solano, Contra Costa	http://www.laclinica.org/index.html
DreamCatcher Youth Support Center	Drop in services for youth 13-19 years old: <ul style="list-style-type: none"> ● Shelter ● Daily meal ● Laundry access ● Health services ● Counseling ● Support groups ● Academic support 	Office: (800) 379-1114 422 Jefferson St. Oakland, CA 94607	http://www.alamedafs.org/

Planned Parenthood	Confidential services for: <ul style="list-style-type: none"> ● Sexual health ● Reproductive health ● Cancer screenings ● Birth control ● Abortion Services ● Emergency contraception ● STI & HIV screenings ● Pregnancy testing 	1-800-230-PLAN Multiple locations in Bay Area	https://www.plannedparenthood.org/
Reach Ashland Youth Center	Confidential services for: <ul style="list-style-type: none"> ● Counseling ● Physicals ● Immunizations ● Dental services ● STI screening and treatment ● Pregnancy testing and options ● Birth control 	Office: (510) 481-4500 16335 E 14th St, San Leandro, CA 94578	https://reachashland.org/
La Familia Counseling Service	Services for: Individual, group, and family counseling	Office: (510) 881-5921 26081 Mocine Ave, Hayward, CA 94544	http://www.lafamiliacounseling.org/
Casa Serena	Teen program for youth 13-18 years old: <ul style="list-style-type: none"> ● Specialized in eating disorders ● Group therapy ● Individual counseling ● Group workshops 	Office: (925) 682-8252 1868 Clayton Road, Suite 123 Concord, CA 94520	http://casaserenaedp.com/

Fremont Family Resource Center	Services include: <ul style="list-style-type: none"> ● Employment Assistance ● Counseling ● Parent support services ● Educational programs ● Workshops & support groups 	Office: (510) 574-2000 39155 Liberty St Ste A110, Fremont, CA 94538	https://www.fremont.gov/228/Family-Resource-Center
The Hume Center	Services include: <ul style="list-style-type: none"> ● Parent support groups ● Student peer groups ● Counseling 	Office: (510) 745-9151 39465 Paseo Padre Pkwy #2100, Fremont, CA 94538	http://humecenter.org/
Native American Health Center	Confidential services: <ul style="list-style-type: none"> ● Pregnancy prevention ● HIV Testing ● STD Testing and treatment ● Counseling ● Referrals for medical health 	Office: (510) 535-4400 2950 International Blvd, Oakland, CA 94601	http://nativehealth.org/
West Oakland Health Center	Services for: <ul style="list-style-type: none"> ● Family planning ● Dentistry ● Optometry ● Health screenings ● Mental health services ● Women, Infants, and Children program (W.I.C.) 	Office: 510-835-9610 700 Adeline Street, Oakland, CA 94607	http://www.wohc.org/index.html

Lifelong Medical Care	<ul style="list-style-type: none"> ● Services for: ● Prenatal care, family planning ● Individual counseling ● Wellness check-ups ● HIV/AIDs care 	Office: (510) 981-4100 Multiple locations in Berkeley, San Pablo, Richmond, and Oakland	https://www.lifelongmedical.org/
Axis Community Health	Confidential services: <ul style="list-style-type: none"> ● Individual counseling ● Immunizations ● Check-ups ● School/sport physicals ● Pregnancy tests ● STD testing ● Family planning and contraceptives 	Office: (925) 462-1755 Locations: 4361 Railroad Ave # A, Pleasanton, CA 94566 3311 Pacific Ave, Livermore, CA 94550	http://axishealth.org/index.html
Barbara Lee Center for Health and Wellness	Services for: <ul style="list-style-type: none"> ● Medical and dental ● Counseling ● Recreational activities ● Youth groups ● Academic support 	Wellness: (510) 618-4470 Health: (510) 618-4480 2251 Bancroft Ave., San Leandro, CA 94577	https://www.sanleandro.k12.ca.us/domain/1440

Things to think about adding in:

- Adding in piece about immigration status
- CPO explain it--it may not be an option for everyone
- Cycle of violence & power and control--is different for SA
- Age of survivor
- Look at Safety and Privacy--Page 11
- Safety Planning--Page 12
- Expand on Homelessness piece
- Look at statutes for DV/SA/Stalking for housing