A Relationship Safety Plan

Safety Guidelines
When Breaking-Up
with
Your Dating Partner

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You should not have to be afraid to break-up with your dating partner.

Breaking-up is a life experience that most of us go through.

Make sure you are safe when breaking-up.

These are safety notification guidelines for all levels of breaking-up in a relationship:

- If you feel unsafe, try never to be left alone.
- Have a relative/friend with you at all times.
- Make sure your relatives/friends know about your break-up.
- Whenever possible notify your dating partner's relatives/friends.
- Be aware of your surroundings and who's watching (stalking) you.
- Pay attention to your dating partner's reaction to the breakup.
- 911 and a Restraining Order should always be considered for your safety.
- Consider changing your telephone numbers/e-mail.

Illustrations by Channing Bete Company.
Safety Notification Levels of Breaking-Up in a Relationship

Level One: In-Person Notification

Dating partner has never exhibited any forms of violence or abuse.
1. Break-up in a public place.
2. Friends/relatives should be present/nearby/available.

Level Two: Telephone Notification

1. Your dating partner has not exhibited any forms of violence or abuse but may get very angry about the break-up.
2. You don't want to see him in person because you think he may become verbally abusive.
Level Three: E-Mail/Text Postal Notification

Your dating partner has a history of verbal and emotional abuse but has never exhibited any violence or physical abuse.

Level Four: Restraining Order Notification

If your dating partner has exhibited any of the following:

1. Your dating partner has a history of violence and abuse.
2. Has a prior history of being arrested/convicted of violence and/or has ever had a Restraining Order against him.

Do not return home/college/work until your dating partner is served and has appeared in court.
If your dating partner violates the Restraining Order, call the police and seek a safe place to hide until he is arrested, prosecuted, and serving time in custody.

National Teen Dating Abuse Helpline: 1-866-331-9474
Domestic Violence Hotline: 1-800-799- (SAFE) 7233
Batterers Group Helpline: 213-351-0359
Referral for Individual & Couples Counseling: 818-788-8667