

A Relationship Safety Plan

Safety Guidelines

When Breaking-Up

with

Your Dating Partner

Developed by Kenn I. Hicks, LCSW

National Lecturer & Author

Licensed Clinical Social Worker & Domestic Violence Counselor

(818) 788-8667 / E-Mail: mrh384@aol.com

Website: domesticviolenceprevention.org

Call for a Free Lecture

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.

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.



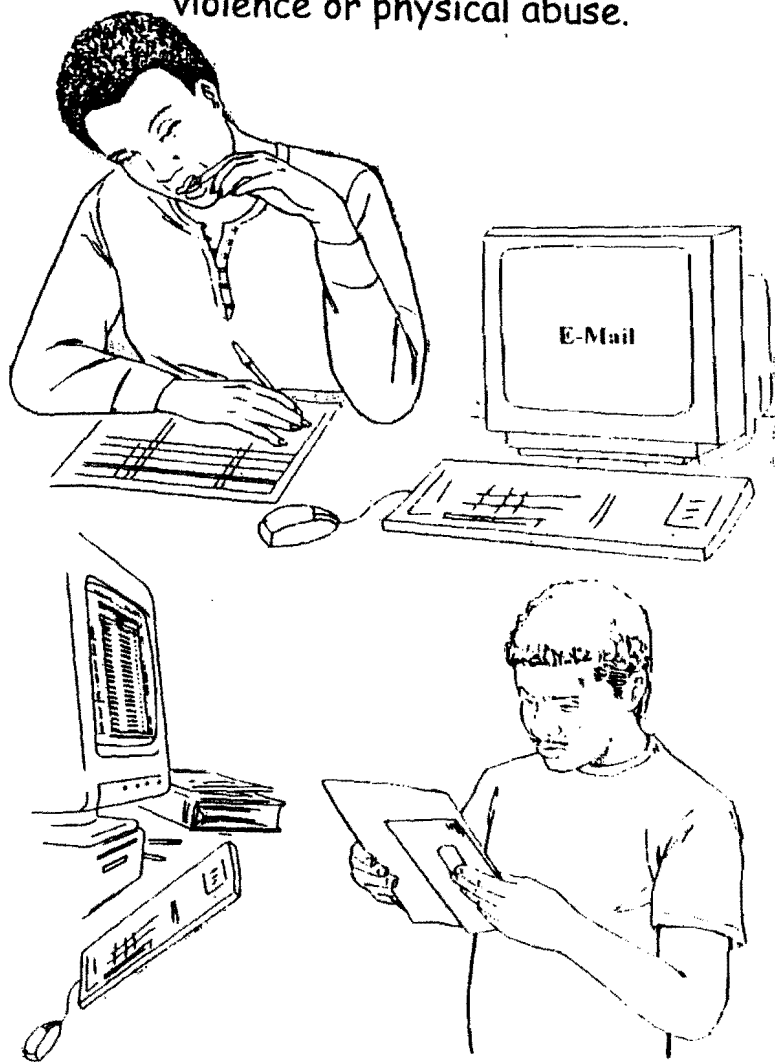
Level Two: Telephone Notification

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