



Teenhelp

menu

Domestic Abuse - Your safety

Safety Tips

If you want to talk to someone about your situation, make sure that it is someone you can trust so that the information will not put you at greater risk. Violence often increases if the abuser knows they are going to be challenged or if their partner decides to leave. If this is the case you may need to be extra careful and not draw attention to your plans.

If you are contacting any services for help or information, you may want to do it from somewhere outside your home, or from a phone from which calls cannot be traced. Delete text messages or call logs on your phone.

If you are using the internet to get information, make sure you clear your search history and temporary files before you log off. (Most sites dealing with this issue will provide instructions on how to do this.) Your local library can be a very useful source of information and most libraries have internet access also.

Think about a developing a safety plan for yourself. Keep emergency or important phone numbers somewhere you can get them quickly. Some of the resources and links from this site will help you to think about a safety plan.

Remember

- Domestic abuse is not your fault - you are not responsible for it happening, or for making it stop.
- You have the right to be safe and to be treated with respect. Violent and threatening behaviour is illegal and no one has a right to hurt or frighten you - not parents, not friends, boyfriends or girlfriends, not other adults - no one.
- Talk to someone you can trust about the abuse - such as a teacher, a grandparent or other relative, a friend or a friend's parent
- There are people and organisations who are concerned about your safety and well-being and who are willing to help and support you.