

TEEN SAFETY PLAN

You have the right to be healthy and safe. A good safety plan helps you think through lifestyle changes that will help keep you as safe as possible at school, at home and other places that you go on a daily basis.

These are things I can do to help keep myself safe everyday:

- I will carry my cell phone and important telephone numbers with me at all times.
- I will keep in touch with someone I trust about where I am or what I am doing.
- I will stay out of isolated places and try to never walk around alone.
- I will keep the doors and windows locked when I am at home, especially if I am alone.
- I will avoid places where a bully or his/her friends are likely to be.
- I will avoid speaking to a person who is bothering me, or bullying me. If it is unavoidable, I will make sure there are people around in case the situation becomes dangerous.
- I will call 911 if I feel my safety is at risk.

These are things I can do to help me stay safe at school:

- I will find the safest way for me to get to and from school, and let my friends and family know my route and timing.
- I will make sure that a friend can walk with me between classes.
- I will eat lunch and spend free periods in an area where there are school staff nearby.

These are things I can do to help keep myself safe in my social life:

- I will ask my friends to keep their cell phones with them while they are with me in case we get separated and I need help.
- I will not go out alone, especially at night.
- No matter where I go, I will be aware of how to leave safely in case of an emergency.
- I will leave if I feel uncomfortable in a situation.
- I will spend time with people who make me feel safe, supported and good about myself.

These are things I can do to stay safe online and with my cell phone:

- I will not say or do anything online that I wouldn't in person.
- I will set all my online profiles to be as private as they can be.
- I will never give my password to anyone other than my parents or guardians.
- I will not answer calls from unknown, blocked or private numbers.
- I will save and keep track of any abusive, threatening or harassing comments, posts, texts, or voice mail messages.
- If I am harassed or bullied I will change my usernames, email addresses and/or cell phone number.

Crisis Lines/Emergency Phone Numbers

Emergency	911
Help Line for Children	310.1234
Kids Help Phone	1.800.668.6868
Youth Crisis Line	604.872.3311
South Fraser Crisis Line	604.951.8855
Multilingual Help Line	604.596.4357 or 604.572.4060
Prideline	604.684.6869 or 1.800.566.1170
Youth in BC	1.866.661.3311

Youth and Violence

Youth Against Violence Line	1.800.680.4264
VictimLink	1.800.563.0808
Delta Police Victim Services	604.940.5019
Delta Police School Liaison Officers	604.946.4411

To find or contact your School Liaison Officer (SLO) see www.deltapolice.ca/slo

Multicultural Victim Services (MOSAIC)	604-254-9626
--	--------------

Health and Family Issues

Boys & Girls Club Community Services	604-591-9262
--	--------------

Youth Resource Centres:

Hillside Club (North Delta)	604.596.9595
Wintemute Club (Ladner)	604.946.2027
Winskill Club (Tsawwassen)	604.943.9873

Teen Guide to Parental Separation & Divorce

www.familieschange.ca

Youth Suicide Prevention Program – Deltassist	604.594.3455
Facts of Life Line	1.800.739.7367

South Delta Public Health	South.....	604.952.3550
	North.....	604.507.5400

Deltassist Family and Community Services	604-594-3455
--	--------------

Delta Mental Health Centre (North)	604-592-3700
--	--------------

Delta Mental Health Centre (South)	604-948-7010
--	--------------

White Rock/South Surrey Mental Health Centre	604-541-6844
--	--------------

Kelty Resource (formerly The Eating Disorder	
--	--

Resource Centre of BC)	1.800.665.1822
------------------------------	----------------

South Delta Employment Resource Center.....	604-946-0324
---	--------------

OPTIONS Surrey Community Services Society.....	604-584-5811/ 604-596-4321
--	-------------------------------

LGTB Community Centre.....	604-684-5307
----------------------------	--------------

Multicultural Services

DIVERSEcity Community Resources Society....	604-597-0205
---	--------------

Multicultural Family Support Services	604-436-1025
---	--------------

Multicultural Outreach Program	604-279-7077
--------------------------------------	--------------

SUCCESS Surrey Service Centre	604-588-6869
-------------------------------------	--------------

Progressive Intercultural Services Society	604-596-7722
--	--------------

Native Court Worker and Counselling Assoc.....	604-572-2293
--	--------------

Counselling, Drugs, and Alcohol

D. talks	1.866.658.1221
----------------	----------------

Surrey Alcohol & Drug Services	604-588-8430
--------------------------------------	--------------

Peak House	604.253.6319
------------------	--------------

DIVERSEcity	604.597.0205
-------------------	--------------

Deltassist	604.594.3455
------------------	--------------

Creekside Detox (Ask for Youth Detox)	604.587.3755
---	--------------

Astra Youth Addictions Outreach Counselling	
---	--

Newton Centre	604.592.6200
---------------------	--------------

Guildford Centre	604.587.8100
------------------------	--------------

Alcoholics Anonymous	604.434.3933
----------------------------	--------------

Narcotics Anonymous	604.873.1018
---------------------------	--------------

Legal

Legal Services Society (Legal Aid)	604-408.2172
--	--------------

Options for Youth	604.594.3455
-------------------------	--------------

Sponsored by the D.O.V.E. Committee

Updated Nov 2010