



Your Safety Matters!



Who I can text:

Safe Places:

My Code Word:



X If a relationship feels scary, controlling, or "off" - you're not imagining it.

QUICK SAFETY CHECK



Trust your gut

Keep a trusted adult/friend in the loop

Don't share passwords or location

Have a plan to leave if needed

**NEED
SUPPORT
NOW?!**

 **Safeline:**
1-800-522-7233

 **988:**
Call or Text

 **Palomar:**
405-552-1010

IMPORTANT:

If it's an emergency and you are needing immediate support, please dial 911.