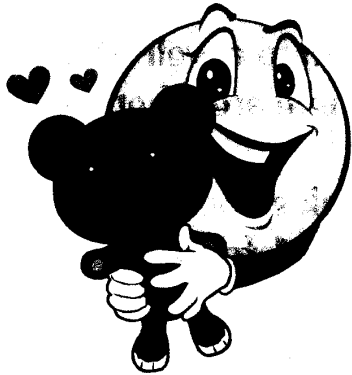


If you or someone  
you love is being hurt  
remember,  
**it's not your  
fault!**



**Hands are for  
holding, not  
for hurting!**

**OTHER PLACES YOU  
CAN  
CALL FOR HELP:**



**The Police ( Emergencies only) 911**



**Humboldt Domestic Violence Services  
Crisis line  
1-866-668-6543**



**Youth Crisis Hotline: 444-2273**

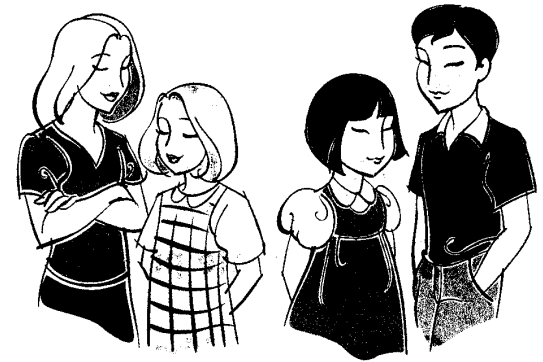


**California Youth & Runaway  
Hotline: 7-800-842-5200**



**Humboldt Domestic  
Violence Services**

**You have the  
right to be  
safe!**



*A safety plan just  
for you*

*In order to be safe. Keep this safety plan in a  
special place where only you can find it  
( under your mattress, in a notebook, etc)*

## Safety Plan For the Home

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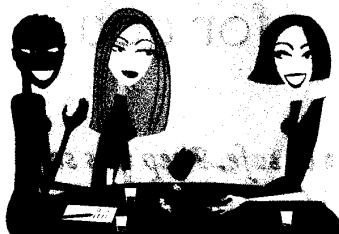
When someone is being hit or hurt, do not get in the middle, because you might get hurt too!

Instead, get help fast!

@ dial 9-1-1 for the Police

@ Go to a safe place

@ Find a neighbor or friend that you trust and who will help you.



*If someone is hurting you at home....tell someone outside.*

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**If you can't call 9-1-1, you can tell someone you trust:**

☺ Friend/neighbor

☺ Teacher/counselor

☺ Nurse/doctor

☺ Relative

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*If someone is hurting you outside...tell someone at home*

## Safety Plan For Outside

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Here's what to do if someone is trying to hurt you:

@ Scream loudly for help!

@ Run to a well-lit area where there are other people.

@ Ask someone to call 9-1-1 for you.

