

WHAT SHOULD I DO IF I FEEL UNSAFE IN MY HOUSE?

First of all, you are not alone. It takes courage to talk about what is going on. There are people that will be there for you and will do everything thing they can to help you. Below are some steps you can take to get yourself into a safer situation.



- Most importantly, understand that you are not at fault.
 - Tell a trusted adult who is outside the home. Ex: family member, friend’s parents, or a school teacher or counselor.
 - If there are other people in your house ask them to stay in the same room as you if possible.
- Connect with [Youthline](http://www.oregonyouthline.org). Call 877-968-8491 OR Text “teen2teen” to 839863 OR Chat at www.oregonyouthline.org.
 - If you feel you are in immediate danger, call **911**. If you feel you cannot do that safely within your home, call or text a trusted adult to do so for you.

WHAT CAN I DO IF I AM CONCERNED FOR A FRIEND?

- Check in. Call or text your friend to see how they are doing. Understand that they may not be able to talk about a specific situation.
- Listen when they can talk. As a good listener it’s not about telling them what they need to do, it’s about getting help for them.
- Believe that they are telling the truth.
- Connect with a trusted adult and tell them your concerns and have them report the situation if needed.
- Take care of yourself too. Supporting a friend can be difficult and hard work when they are facing certain situations. You may want to talk with someone too, such as a school counselor or another safe adult.



Child Abuse Reporting Hotline: 855-503-7233

KIDS Center advocates and therapists are available to provide support, call 541-383-5958