

## **Strategies for Teens to Leave a High Risk Situation**

### **1. Text a Code Word**

Fake urgent phone call. Send a code word to a friend or a parent to have them call you right away. Answer the phone call and then tell others you need to leave right away because:\_\_\_\_\_ (make up an excuse)

### **2. Get a Text from "Mom" or "Dad"**

Change your name in your phone's contact list to "Mom" or "Dad" then text yourself saying 'You need to come home right now' for some made-up reason. You can show the text and just tell others you have to go home.

### **3. Blame Your Parents**

Blame your parents and make them look like they're overprotective so you can get out of something more easily.