

Important Phone Numbers

Police: 911

Women's Resource Center
24- Hour Crisis Line:
503-397-6161

Columbia Community Mental
Health: 503-397-5211

Amani Center - Columbia County
Child Abuse Assessment Center:
503-366-4005

Department of Human Services:
Child Welfare: 503-397-3292

Columbia County Public Health:
503-397-4651

Runaway Hotline:
24 Hours 1-800-621-4000

Teen Health Information Line:
1-800-998-9825

Suicide Hotline:
24 Hours 1-800-850-8078

You have the right to . . .

Be Safe
Your Privacy
Express Yourself
Be Happy
Have Boundaries
Make Mistakes
Be Treated with Respect
Be Your Own Person
Have Friends
A Peaceful Home
Be Angry Over Past Abuse
Be Heard
Say No
An Education
To Play
Express Your Feelings
Keep Your Thoughts Private
Be Loved
Love Others
A Warm Bed & Clean Clothes
Dance, Sing, & Do Art
Not be Hurt
Make Choices
Be Healthy
Be Safe

Youth Safety Plan



Amani Center
Columbia County
Child Abuse
Assessment Center

***Administrative
& Medical Offices***

PO Box 1001
1621 Columbia Blvd.
St. Helens, OR 97051

Telephone: (503) 366-4005
FAX: (503) 366-0314

You have the right to be safe!

DON'T GET IN THE MIDDLE OF A FIGHT!

If adults are fighting you should

1. Not try to break up the fight. (Remember your job is to keep yourself safe.)
2. Find a safe place. (Practice how to get out of your home safely. Is there a neighbor's house you can go to?)
3. Call 911 and tell the police what is happening.
4. Tell a safe person about the fighting. (Keep telling if you have to.)

IT'S NOT YOUR FAULT!

Remember that you are not responsible for the violence at home or in your relationship. No one has the right to hurt or intimidate you.

If someone is hurting you or touching you in an unsafe way you should

1. Tell a safe person about what is happening.
2. If it is safe, tell the person who is hurting you "NO."
3. Do what you can to keep yourself safe.
4. Keep telling until someone believes you.
5. Call 911.

A SAFE PERSON COULD BE

- A Teacher
- A Counselor
- A Police Officer
- Someone in your family
- Someone at your place of worship
- Another person that you trust
- A friend's parent

Important Things for You to Know:

- Domestic Violence is when one person uses hitting, hurting, name-calling and other kinds of violence to control another person or make them do what she or he says.
- Sexual abuse is when an adult or bigger kid touches a child's private parts or has a child touch their private parts. An adult NEVER has the right to touch a child in this way. Let a safe person know if someone is touching you in an unsafe way or if you know of someone who is being touched unsafely.

It's Okay
to Ask
for Help!

