

RUNNING THE READINESS TEST

Twenty minutes, seventy questions, and one uncomfortable rule.

You answer, not your teenager. This is a test of what you have actually seen them do — not of what they know, and not of what you've told them. Sit somewhere you won't be interrupted and work down the list quickly. First instinct is more accurate than deliberation.

"I don't know" scores zero. This is the rule that makes the test worth doing. If you cannot recall your teenager saying the words or doing the thing, they have not demonstrated it, and you should not credit it. Most parents lose thirty or forty points to *I don't know*, and those points are the most useful information in the book — they tell you exactly where you've been assuming.

Score each statement:

2 — Yes. I have seen or heard them do this.

1 — Partly. We've discussed it, but I haven't seen it.

0 — No, or I don't know.

Ten statements per domain, twenty points available in each, 140 in total.

Ignore the total. It's useful only for comparison when you re-test in thirty days. What you're looking for is your lowest single domain, because that is where page 19 will send you. A parent scoring 118 with one domain at 6 has a more urgent problem than a parent scoring 84 across the board.

Nine of the seventy statements are about you rather than them — whether you've said a particular thing, whether they believe you meant it. Those are not padding. A teenager who has words but no safe person to use them on has half a system.

Write in the book, or print the score sheet from the toolkit (p. 133) so you can re-test cleanly.

HOW TO SCORE	☐ 2 I have seen or heard them do this ☐ 1 We've talked about it — haven't seen it ☐ 0 No · or · I don't know
 "I don't know" is a 0. Not a 1. This is the point of the test.	

DOMAINS 1 & 2

▣ DOMAIN 1 • ONLINE & DEVICES

My teenager...

		2	1	0
11	Has said out loud what they'd reply if someone online asked to move to a different app	☐	☐	☐
12	Has told me, unprompted, that anything sent can be screenshotted and kept	☐	☐	☐
13	Could name one adult besides me they'd tell if an online conversation turned uncomfortable	☐	☐	☐
14	Has refused a follow or friend request from someone they don't know offline, in the last month	☐	☐	☐
15	Knows the first thing to do if someone threatens to share an intimate image — before paying, replying or deleting.	☐	☐	☐
16	Believes they will not be in trouble with me if such an image already exists.	☐	☐	☐
17	Has checked or switched off location sharing on at least one app with me watching.	☐	☐	☐
18	Can explain how a stranger could work out where they live from a posted photo	☐	☐	☐
19	Knows that a "friend of a friend" online is not a verified person	☐	☐	☐
20	Has ever told me about a message that made them uneasy	☐	☐	☐

Domain 1 total ☐☐ / 20

● **DOMAIN 2 • PEERS & PRESSURE**

My teenager...

		2	1	0
1	Has a refusal sentence they've said aloud more than once	☐	☐	☐
2	Can decline without supplying a reason, and doesn't apologise afterwards	☐	☐	☐
3	Has left a group chat, group or activity that felt wrong to them	☐	☐	☐
4	Could name the friend it's hardest for them to say no to	☐	☐	☐
5	Knows the difference between a friend who teases and a friend who punishes refusal	☐	☐	☐
6	Has said no to <i>me</i> recently — and I handled it well	☐	☐	☐
7	Could say "I think this is a bad idea" out loud, in front of other people	☐	☐	☐
8	Knows they can blame me publicly to get out of something, and that I'll back the story	☐	☐	☐
9	Can describe a time a plan changed after they arrived, and what they did about it	☐	☐	☐
10	Does not believe that leaving early ends a friendship	☐	☐	☐

Domain 2 total ☐☐ / 20

DOMAINS 3 & 4

🏠 DOMAIN 3 • PARTIES & GATHERINGS

My teenager...

		2	1	0
21	Asks who else will be there, and whether an adult is present, before agreeing to go	☐	☐	☐
22	Knows the actual address of where they're going and has sent it to me	☐	☐	☐
23	Has practised an exit line that gets them out of a room in under a minute	☐	☐	☐
24	Has said aloud that they don't leave a drink and come back to it	☐	☐	☐
25	Knows what to do if their ride home starts drinking or leaves without them	☐	☐	☐
26	Can identify which room in a house they shouldn't end up alone in	☐	☐	☐
27	Knows the signs that someone needs help rather than sleep	☐	☐	☐
28	Would call me from a party where something illegal was happening	☐	☐	☐
29	Has a code word or code text that we have both actually used at least once	☐	☐	☐
30	Knows they may leave without telling anyone, and that this is allowed	☐	☐	☐

Domain 3 total ☐☐ / 20

■ DOMAIN 4 • RIDES & TRANSIT

My teenager...

		2	1	0
31	Checks plate, make and driver's name before getting in — every time, not usually	☐	☐	☐
32	Makes the driver say their name first, rather than confirming it themselves	☐	☐	☐
33	Sits in the back, on the kerb side	☐	☐	☐
34	Has cancelled a ride, or would, without worrying about seeming rude	☐	☐	☐
35	Knows what to do if a driver takes an unexpected route or turns the conversation personal	☐	☐	☐
36	Would refuse a lift from a friend, or a friend's parent, who had been drinking	☐	☐	☐
37	Has cash or a fallback route home that doesn't depend on a phone battery	☐	☐	☐
38	Knows the last bus or train time on the routes they actually use	☐	☐	☐
39	Shares their trip with me or a friend automatically, without being asked	☐	☐	☐
40	Would rather wake me at 3 a.m. than take a bad ride — and genuinely believes that	☐	☐	☐

Domain 4 total / 20

DOMAINS 5 & 6

DOMAIN 5 · STREETS & PUBLIC SPACE

My teenager...

		2	1	0
41	Walks with their head up and phone away in unfamiliar places	☐	☐	☐
42	Has crossed the road, doubled back or stepped into a shop because they felt followed	☐	☐	☐
43	Knows to be loud and specific rather than politely disengage	☐	☐	☐
44	Could describe a person usefully: height, clothing, direction, one distinguishing feature	☐	☐	☐
45	Knows which businesses near them are open late, and would go inside one	☐	☐	☐
46	Has practised breaking a grip and moving away — not fighting	☐	☐	☐
47	Would hand over a bag or phone rather than resist a robbery	☐	☐	☐
48	Doesn't approach a stopped car to give directions or help	☐	☐	☐
49	Knows their address, my number and one other number from memory, with no phone	☐	☐	☐
50	Has walked a route with me and identified two places they could go for help	☐	☐	☐

Domain 5 total ☐ / 20

DOMAIN 6 • TRUSTED ADULTS

My teenager...

		2	1	0
51	Can name three adults besides me they would go to	☐	☐	☐
52	Knows that no adult has a legitimate reason to ask them to keep a secret from me	☐	☐	☐
53	Understands that "don't tell your parents" is itself the warning sign, whoever says it	☐	☐	☐
54	Would tell me if a coach, teacher, relative or family friend made them uncomfortable	☐	☐	☐
55	Has told me about an adult before — even something minor	☐	☐	☐
56	Knows that gifts, special treatment or private messaging from an adult are worth mentioning	☐	☐	☐
57	Would question an adult's instruction if it felt wrong, including mine	☐	☐	☐
58	Believes I would take their word over an adult I like and trust	☐	☐	☐
59	And I know, roughly, which adults my teenager is alone with, and when	☐	☐	☐
60	Can describe how grooming works without using the word "stranger"	☐	☐	☐

Domain 6 total ☐☐ / 20

DOMAIN 7, AND THE GAP CHECK

⊕ DOMAIN 7 • AFTERMATH & EMERGENCIES

My teenager...

		2	1	0
61	Knows what to say on an emergency call: location first, then what's happening	☐	☐	☐
62	Would call emergency services even if they'd been drinking, or were somewhere they weren't allowed	☐	☐	☐
63	Knows whether Good Samaritan protection exists where we live	☐	☐	☐
64	Could put an unresponsive person on their side and check they're breathing	☐	☐	☐
65	Knows not to leave an unresponsive friend to sleep it off	☐	☐	☐
66	Knows that gifts, special treatment or private messaging from an adult are worth mentioning	☐	☐	☐
67	Has heard me say "come to me first, consequences later" — and has seen me mean it	☐	☐	☐
68	Knows that waiting a week to tell me doesn't make it too late	☐	☐	☐
69	Knows what not to do in the hours after an assault, and why	☐	☐	☐
70	Has watched me receive bad news calmly at least once	☐	☐	☐

Domain 7 total / 20

	PRIORITY 0 _____ 9									PATCHY 10 _____ 15						SOLID 16 _____ 20				
1 ONLINE																				□□ /20
2 PEERS																				□□ /20
3 PARTIES																				□□ /20
4 RIDES																				□□ /20
5 STREETS																				□□ /20
6 ADULTS																				□□ /20
7 AFTERMATH																				□□ /20

Lowest domain: _____ Total: □□□ /140
 Date tested: _____ Re-test on: _____

YOUR PROFILE, AND WHAT TO RUN

Score all seven domains on p. 17.

Your lowest score is where you start. The band sets the pace.

PRIORITY	0-9	Nothing reliable yet. Run all six drills, in order, one every two days
PATCH	10-15	Works at the kitchen table, never with an audience. Same six, one a week, with someone watching.
SOLID	15-20	Leave it. Re-test after the Gap Check, p. 15
DOMAIN	SCORE	DRILLS BEGIN
1. Online & Devices	/20	p.
2. Peers & Pressure	/20	p.
3. Parties	/20	p.
4. Rides & Transits	/20	p.
5. Streets & Public	/20	p.
6. Adults with Access	/20	p.
7. Afterwards	/20	p.
TOTAL	/140	

IF YOUR PROFILE IS UNUSUAL

Two domains tied — run the one they'll meet first.

Every domain 8–13 — run the 30-Day Sprint instead, p. 131.

Total over 100 — go to the Gap Check, p. 15.

RE-TEST

Score again in thirty days, p. 17.

Date

These numbers measure rehearsal, not risk. A teenager who scores 140 can still be harmed by someone patient or trusted, and nothing here makes anyone responsible for what another person chose to do to them.

THE DRILL FINDER BY SITUATION

HOW TO USE THIS PAGE

Find the sentence closest to your situation. Run the drills in the order listed — they're sequenced, not ranked. Two drills tonight beats twelve next month.

FIRST TIMES	
She's going to a party Friday	→ 33, 36, 40, 42
First party where parents won't be home	→ 33, 34, 37, 38, 40
First time taking a rideshare alone	→ 45, 46, 47, 50
First phone / first smartphone	→ 3, 13, 15, 17
First social account	→ 3, 4, 13, 14
First online game with voice chat	→ 6, 8, 12, 32
First job	→ 75, 76, 77, 80
First time home alone overnight	→ 67, 81, 82, 83
First concert, festival or big venue	→ 35, 39, 67, 83
First out-of-town trip without you	→ 47, 57, 67, 82, 83
Starting a new sport, team or private lessons	→ 73, 75, 76, 80
Just got a driver's license	→ 51, 53, 54, 43
Leaving for college in the fall	→ 33, 36, 37, 40, 88, 89
TONIGHT, BEFORE THEY WALK OUT	
You have five minutes and one drill	→ 57
You have ten minutes and two	→ 57, 31
They're going somewhere you don't know the address of	→ 33, 47, 82
Their phone is at 20%	→ 39, 83

They're riding with a friend who just started driving	→ 51, 52, 53
They said "it's just a few people"	→ 33, 34, 40
They're staying over at a house you've never been to	→ 33, 38, 57
RECURRING SITUATIONS	
Walks home from school alone	→ 58, 59, 66, 67
Takes the bus or train alone	→ 55, 56, 66
Rides with an adult who isn't you, regularly	→ 76, 78, 80
Is alone with one adult regularly — lessons, tutoring, work	→ 75, 77, 80, 73
Babysits or works alone	→ 62, 67, 81, 82
Spends heavy time in one online community	→ 3, 5, 7, 8, 18
Has a phone in their room at night	→ 13, 15, 18
Is the friend everyone calls for a ride	→ 51, 53, 42, 87
Is the youngest in their friend group	→ 26, 28, 30, 74
SOMETHING YOU'VE NOTICED	
New online friend you can't verify	→ 2, 3, 4, 16
They've gotten secretive about one specific person	→ 7, 78, 73, 79
An adult is giving them gifts, money, or attention	→ 77, 78, 74, 80
Someone asked them to move to another app	→ 6, 7, 17
Someone asked for a photo	→ 9, 17, 10
A relationship that looks fast and consuming	→ 5, 7, 62, 73
They're being pressured about a dare, stunt or challenge	→ 26, 27, 30
They've been asked to hold something for someone	→ 24, 25, 28
They've started asking about a specific drug	→ 25, 30, 87
One friend is a consistent problem	→ 28, 42, 52, 90
Grades, sleep or mood dropped and you don't know why	→ 79, 90, 18

They came home and won't say what happened	→ 90, 44, 79
They're being filmed or photographed by peers	→ 27, 14, 86
Someone at school is spreading an image	→ 17, 86, 89, 14
They asked you a hypothetical question that wasn't hypothetical	→ 79, 90
IT'S HAPPENING RIGHT NOW	Drill
Threats over an image · money demanded	→ 10, 17, 86
Someone won't stop messaging them	→ 17, 3, 86
They're at a party and want out	→ 41, 40, 57
They're in a car they shouldn't be in	→ 53, 57
They're being followed	→ 56, 66, 67
A friend won't wake up	→ 87, 81, 82
A friend is missing	→ 85, 81, 86
Phone lost or taken	→ 84, 83, 82
Police are at the party	→ 43, 62
They've just disclosed something to you	→ 79, 88, 89, 86
AFTERWARD	
In the first hours	→ 88, 86, 89
Deciding whether to report	→ 89, 86
Rebuilding after a bad night	→ 90, 44, 30
Rebuilding after an online incident	→ 18, 17, 86, 90
Rebuilding trust in both directions	→ 90, 72, 132
Getting back to normal without pretending nothing happened	→ 90, 79

If you can't find your situation: run 72, 57, 31, and 30. Those four cover more ground than any other combination in the book, and they work on situations nobody has thought of yet.

DRILL INDEX BY AGE BAND

START AT 13–14	ADD AT 15–16	ADD AT 17–19
60 drills	29 drills	1 new drill + 12 re-runs
Online — all 18: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18	Substances, in detail: 22, 23, 24, 25, 27, 29	New: 89
Adults & authority — all 9: 72, 73, 74, 75, 76, 77, 78, 79, 80	Parties, in full: 33, 35, 36, 37, 40, 42, 43, 44	Re-run with the roles reversed — they are now the driver, the host, the oldest person in the room, the one with a car and a couch:
Refusal & decision: 19, 20, 21, 26, 28, 30, 31, 32	Driving & riding: 48, 49, 50, 51, 52, 53, 54	24, 27, 28, 42, 43, 51, 52, 53, 76, 87, 90
Gatherings, basic: 34, 38, 39, 41	Threat reading & physical: 60, 61, 65, 70	85
Rides & transit: 45, 46, 47, 55, 56, 57	Aftermath: 85, 86, 87, 88	
Streets & escape: 58, 59, 62, 63, 64, 66, 67, 68, 69, 71	Emergencies:81, 82, 83, 84, 90	

THE 30-DAY STREET-SMART SPRINT

One page, checkbox grid, four week-blocks. Designed to be torn out or printed from the toolkit. Boxes big enough for a pen.

One drill a day. Ten minutes. Thirty days.

The order is not the book's order. It's sequenced so that the drills that make every later drill easier come first — you cannot rehearse an exit without a ride home, and you cannot rehearse a disclosure without someone to disclose to. Do them in this order even if it means starting with something that feels obvious.

WEEK 1 • THE INFRASTRUCTURE

Nothing here is a skill. It's all plumbing. Get it in place first.

- ☐ **1** — Drill 72 · The Trusted Adult List
- ☐ **2** — Drill 57 · The No-Questions-Asked Pickup
- ☐ **3** — Drill 31 · The Text Code
- ☐ **4** — Drill 82 · Your Address Under Stress
- ☐ **5** — Drill 81 · The 911 Script
- ☐ **6** — Drill 83 · The Emergency Contact Card
- ☐ **7** — Drill 30 · Decide Before the Room Decides

WEEK 2 • DEVICES

Do this week even if you think their online life is boring. Especially then.

- ☐ **8** — Drill 3 · The New Follower Audit
- ☐ **9** — Drill 13 · The Location Leak Sweep
- ☐ **10** — Drill 15 · Passwords & Account Recovery
- ☐ **11** — Drill 1 · The Screenshot Reflex
- ☐ **12** — Drill 5 · The Compliment Escalation Ladder
- ☐ **13** — Drill 7 · The Secret-Keeping Request
- ☐ **14** — Drill 10 · The Sextortion Freeze-Break

WEEK 3 • NO, AND LEAVING

The two hardest things in the book, in the middle, where momentum carries them.

- ☐ **15** — Drill 19 · The Three-Layer No
- ☐ **16** — Drill 20 · The Broken Record
- ☐ **17** — Drill 21 · The Blame-the-Parent Out
- ☐ **18** — Drill 41 · "I'm Not Feeling Well"
- ☐ **19** — Drill 40 · The Ten-Minute Exit

- ☐ **20** — Drill 29 · The Sunk-Cost Exit
- ☐ **21** — Drill 42 · The Friend Who Won't Leave

WEEK 4 · CARS, STREETS, HANDS

The physical week. Shortest drills, most fun to run, best retention.

- ☐ **22** — Drill 45 · Plate, Make, Name
- ☐ **23** — Drill 46 · Back Seat, Passenger Side
- ☐ **24** — Drill 51 · The Impaired Driver Refusal
- ☐ **25** — Drill 66 · Never Home in a Straight Line
- ☐ **26** — Drill 67 · The Safe Haven Map
- ☐ **27** — Drill 59 · The Baseline Scan
- ☐ **28** — Drill 68 · The Grab Break

THE LAST TWO

- ☐ **29** — Drill 79 · The Disclosure Script
- ☐ **30** — Drill 90 · The Reset Conversation

DAY 31 · Retake the Readiness Test (p. 14). Score it against your first attempt. The gap is the only proof this worked, and it's the thing that gets you to run the sprint again next year.

If you miss a day, don't restart. Miss three in a row and you've built nothing; miss six spread out and you've built almost everything. Skipping is fine. Quitting is the failure mode.

THE FAMILY SAFETY AGREEMENT

Full page, boxed, signature lines at the bottom. Set as a form, not as prose. Available as a fillable PDF in the toolkit (p. 133). Blank line lengths matter here — leave room for actual handwriting.

Read it out loud, both of you, once. Fill the blanks together. Sign it. Put it somewhere visible.

An agreement in a drawer is a document. An agreement on the fridge is a rule.

THE AMNESTY CLAUSE

The most important line on this page. Do not weaken it.

I will come get you from anywhere, at any hour, no matter what you were doing, no matter whose house, no matter what you drank, took, said or agreed to. There will be no yelling in the car, no punishment that night, and no interrogation.

We will talk about it: ☐ the next day ☐ within _____ days.

This clause has no expiration and no exceptions. **Signed:** _____

THE CODE

Our code word or phrase is: _____

If you send it, I will call within _____ minutes with an urgent reason you have to leave, and I will not ask questions until you're out.

If I send it, it means: _____

RIDES

You do not get into a car with a driver who has been drinking or using — friend, cousin, sibling, adult, no exceptions. Refusing is never rude and never your fault.

Stranded is always the better problem. Our stranded plan: _____

People allowed to drive you without asking me first: _____

Adults who should never drive you alone: _____

LOCATION & PHONES

- ☐ Location sharing on, both directions, always
- ☐ Location sharing on when out at night
- ☐ Check-in text on arrival and departure

Curfew: _____ · Grace period before I worry: _____

My promise: I will not use location data to catch you in something small.

PRIVACY, HONESTLY STATED

Things I will look at: _____

Things I will not look at: _____

If I ever need to break this, I will tell you I did it and why. I will not read your messages and pretend I didn't.

DISCLOSURE

If you tell me something bad happened, my first three sentences will be: *"I believe you. Thank you for telling me. You're not in trouble."*

I will not: ☐ tell other family without asking ☐ post about it ☐ contact the other person without talking to you first ☐ make you tell it more than once

If you can't say it out loud, you can text it, write it, or hand me a page from this book.

WHAT I OWE YOU

I will not lie to you about risk to scare you. I will tell you when I don't know. I will not make you regret telling me something.

REVIEW DATE: _____ (pick one: birthday, first day of school, New Year's — same date every year)

Teen · Parent/Guardian · Date

Emergency Contact Card

IF I'M HURT OR LOST, PLEASE CALL

1 _____

2 _____

AWAY _____

THIS IS _____

I'M UNDER 18 • PLEASE WAIT WITH ME
UNTIL SOMEONE ANSWERS • MEDICAL OVER

EMERGENCY NUMBER HERE _____

ALLERGIES _____

CONDITIONS _____

MEDICATION _____

FILLED ____ / ____ • REDO EVERY 6 MTHS

Pre-party Intel Sheet

I'm going to

It's at

.....

Whose place it is

Grown-up there? Who

I'm going with

I'm coming home with

If that falls through, then

Getting home by at

Something you should know

.....

If it moves somewhere else, I text you the new address before I go. That's the deal.

And my half of it:

If you call me, I come. Any hour, no questions that night, no consequences for anything you tell me on the phone. We can talk tomorrow if there's anything to talk about.

Signed Date

The Safe Haven Map template

From to

Walked on Started:.... Got there:.... Dark? Y / N

START •

1 open till
o I've been inside side of road: L / R

2 open till
o I've been inside side of road: L / R

3 open till
o I've been inside side of road: L / R

4 open till
o I've been inside side of road: L / R

END •

THE STRETCH WITH NOTHING

Between and

It takes about minutes. Nearest help is

What I do along there

.....

WHAT I SAY WHEN I WALK IN

"....."

....."

I can go into any of these and ask, and nobody will be annoyed with me.
If I use one, you come and get me. No questions that night.

Me You Date

RESOURCES & REPORTING DIRECTORY

Two pages, two columns. Numbers set large and in a distinct weight — this page gets read by people whose hands are shaking. Verified at press date; live version in the toolkit.

US numbers. Verified at time of printing. Numbers change — the toolkit version is current.

IMMEDIATE DANGER

911 — Say the location first, before anything else. See Drill 81.

Text 911 — available in most but not all US areas. Test yours before you need it.

CRISIS — ANY REASON, ANY HOUR

988 Suicide & Crisis Lifeline — call or text **988** · 988lifeline.org/chat

Crisis Text Line — text **HOME** to **741741**

Teen Line (teen-to-teen, evenings) — **800-852-8336** · text **TEEN** to **839863**

Boys Town National Hotline — **800-448-3000**

The Trevor Project (LGBTQ youth, 24/7) — **866-488-7386** · text **START** to **678678**

SEXUAL ASSAULT & ABUSE

RAINN National Sexual Assault Hotline — **800-656-4673** (800-656-HOPE) · chat at rainn.org · 24/7, free, confidential. Routes to your nearest local center.

Childhelp National Child Abuse Hotline — **800-422-4453** · text **1-800-422-4453**

For abuse inside the home or by a caregiver.

Your state's child protective services — one number per state; search "[your state] child abuse reporting hotline." Fill it in here: _____

Mandated reporting, plainly: RAINN and Childhelp advocates are not always mandated reporters, but state CPS lines and school staff are. If you want to talk without triggering a report, start with RAINN. This is not a reason to avoid help — it's a reason to choose the right first call.

ONLINE EXPLOITATION, SEXTORTION & IMAGES

NCMEC CyberTipline — report at **CyberTipline.org** · 24-hour line **800-843-5678** (1-800-THE-LOST)

The national reporting system for online enticement, sextortion, and child sexual abuse material. Reports go to law enforcement.

Take It Down — **takeitdown.ncmec.org**

Free. For anyone whose intimate image was taken when they were under 18. Works by generating a digital fingerprint on your own device — **you never upload or send the image to anyone**. Participating platforms then block matching images.

StopNCII.org — for anyone **18 or over**. Same fingerprint approach.

CCRI Image Abuse Helpline — **844-878-2274** (844-878-CCRI) · 24/7, free

Cyber Civil Rights Initiative. Step-by-step help with image removal, evidence, and state law.

FBI Internet Crime Complaint Center — **ic3.gov**

FBI tip line — **800-225-5324** (1-800-CALL-FBI) · **tips.fbi.gov**

Before you report anything: preserve it. Screenshot usernames, profile URLs, and the threats themselves. Don't delete the account or the thread. See Drills 17 and 86 — report, block and preserve, **in that order**.

SUBSTANCES & OVERDOSE

SAMHSA National Helpline — 800-662-4357 (800-662-HELP) · 24/7, free, confidential, English and Spanish. Treatment referral and information.

Poison Control — 800-222-1222 · 24/7 · poison.org

For "they took something and I don't know what." Fast, expert, and they do not call police.

Naloxone (Narcan): available over the counter at pharmacies in all 50 states — no prescription, no ID, no age requirement in most states. Many health departments and community programs mail it free. Get two doses. Fentanyl frequently requires more than one. See Drill 87.

Good Samaritan laws: most states protect the person who calls 911 for an overdose from certain drug possession charges. Protections vary. Look yours up now, not during. Write it here: _____

DATING ABUSE & DOMESTIC VIOLENCE

love is respect (teen dating abuse, 24/7) — 866-331-9474 · text **LOVEIS** to **22522** · chat at loveisrespect.org

National Domestic Violence Hotline — 800-799-7233 · text **START** to **88788**

The Deaf Hotline — video phone **855-812-1001**

TRAFFICKING

National Human Trafficking Hotline — 888-373-7888 · text **233733** · 24/7, 200+ languages, anonymous reporting possible

Not law enforcement. Advocates are mandated reporters for anyone 17 or under if you identify yourself.

RUNAWAY, HOMELESS & MISSING

National Runaway Safeline — 800-786-2929 (1-800-RUNAWAY) · 24/7 · chat and email at 1800runaway.org

Also for the parent whose child has left, and for the teen who is thinking about it. Free transportation home in some cases.

NCMEC Missing Children — 800-843-5678

There is no 24-hour waiting period to report a missing child. Anyone who tells you otherwise is wrong. Call immediately. See Drill 85.

SCHOOL, HARASSMENT & LEGAL

StopBullying.gov — federal guidance, state-by-state law and school obligations

Your school district's Title IX coordinator — every US district that receives federal funding must have one, by name and contact. Ask for it in writing. Fill in: _____

Legal aid — lsc.gov/find-legal-aid · free civil legal help by income

Crime Victim Compensation — every state has a fund that can cover forensic exams, counselling, and lost wages. Search "[your state] crime victim compensation." Most have filing deadlines. Fill in:

OUTSIDE THE US

Child Helpline International — childhelplineinternational.org · directory of national child helplines in 130+ countries

UK: Childline **0800 1111** · NSPCC **0808 800 5000** · IWF for image removal

Canada: Kids Help Phone **686868** (text) / **1-800-668-6868** · Cybertip.ca

Australia: Kids Helpline **1800 55 1800** · eSafety Commissioner for image removal

Ireland: Childline **1800 66 66 66**

Every number on these two pages is free. None of them require a real name to start a conversation. Several of them will let you sit in silence for a minute and then hang up. That is a completely acceptable way to use a hotline.
