

Saferteens-PC

What is Saferteens-PC?

Saferteens-PC is a violence prevention program.

First, patients meet with a clinic staff member to:

- Discuss goals and values
- Identify personal reasons to stay safe and healthy
- Choose personal tools to meet goals

Next, patients receive supportive text messages for two months after the visit:

- Two per day in the first month
- 2-3 per week the second month.

Also, patients in the program can text “CHILL” at any time to receive an extra message.

My Reasons to Avoid Fights:

- ♦ How often have you had physical fights with other teens, including friends, strangers, acquaintances or dating partners?
- ♦ How could avoiding fighting help you reach your goals?
- ♦ How could your strengths help you avoid fights and reach your goals?

My Experience in Saferteens-PC:

- ♦ What happens if I want to take part in the program?
- ♦ How could taking part in this program help me?

My Next Steps:

- ♦ How can I join the Saferteens program?

Thanks for being open to this new experience! We hope to help you get the things you want out of life.