Safety tips for young women

* Stay in touch with your family and friends and make it a point to send time with people other than your partner. Let other people know what your plans are and where you will be.
* Stay involved in activities that you enjoy. Don’t stop doing things that you enjoy and make you feel good about yourself.
* Make new friends. Increase your support network
* Try not to be dependent on your partner for a ride.
* Consider telling your parents or other family members if you are having problems.