

Tell, Take, Look, Exit (TTLE)

TTLE is a simple strategy that can be used whether you are still getting to know someone or you've known them for a while. It's always a good idea to have a plan in mind so you can notice and act on the **Pink Flags** and **Red Flags**.

Always . . .



Tell someone who you trust (or has your back) where you're going, who you'll be with, what you'll be doing, and how long you'll be gone.



Take your PHONE or another way to communicate, and have a plan for letting people know if your plans change.



Look for Pink Flags and Red Flags—those little (or big) signs that something doesn't feel right.



And always have an Exit plan—a way to leave the situation if you start feeling uncomfortable. Having an exit plan gives you control and helps you stay safe. Think of it like a fire drill: you practice so you're prepared. The same goes for social situations.

Know your plan, practice it if you need to, and remind yourself that you're allowed to leave any situation that doesn't feel right.



HOW WOULD YOU USE THE **TTE** STRATEGY?

Who would you **Tell**?



What would you **Take**?



Which **Pink** and **Red Flags** would you **Look** for?



What would your **Exit plan** be?



Here are a few ideas that can help:

- 1. Have someone check in on you.** If you're hanging out with someone new, plan for a trusted adult or friend to call or text you at certain times just to make sure everything's okay.
- 2. Create a secret signal.** Come up with a code word, phrase, or emoji you can send if you feel unsafe, something simple like "How's grandma?" that lets your person know you need help without drawing attention.
- 3. Spot a safe waiting area.** Look around and find a place where you could wait comfortably if you need to leave early or wait for a ride.
- 4. Think about what you'd say if circumstances get sketchy.** It helps to know ahead of time how you'd advocate for yourself, whether that's saying you're not feeling great and need to go, or need a break, or need to step away to send a quick text or make a call.
- 5. Have a backup ride plan.** Set up a second way to get to a safe place just in case. Think about how you could get home if needed. A friend, rideshare, bus, or parent, is something to think about ahead of time, just in case.



THINK ABOUT IT . . .

What would you do or say if someone you know wanted to do something you don't agree with?



Think of some things you like to do with other people. Write or doodle here:

What are your boundaries when it comes to hanging out with others? In other words, what is a NO WAY (e.g., vandalizing, stealing, etc.)?

