



10 QUESTIONS TO ASK MYSELF BEFORE I RUNAWAY

1. What would help me stay where I am now?
2. What else can I do to make things better where I am?
3. Who can I count on to help me? Have I tried to talk to those people I trust?
4. What are my other choices?
5. How will I eat, shower, get clean clothes, get to school? Where will I sleep? How will I pay for things?
6. Is running away safe?
7. Who will I stay in touch with while I am on the run? How will I stay in touch (phone, Facebook, texting, Twitter, MySpace etc.)?
8. If I end up in trouble, who will I call?
9. When I want to come back, who will I call?
10. What will happen when I come back?

From the National Runaway Switchboard