

In Case of Emergency

Safety Kit for Dangerous or Unhealthy Relationships

When disasters strike in a relationship, often people don't know where to go or what to do. Use the following graphic organizer to reflect on what you would do in a dangerous or unhealthy relationship. This activity will help you create your own "In Case of Emergency Kit" for dangerous or unhealthy relationships.

Elements to include in the Graphic Organizer:

1. List 10 Relationship "Deal Breakers"- identifying things that could happen to you in a relationship that would end the relationship.
2. List 5 effective ways to deal with conflict.
3. List 5 "Emergency Contact People"- people you could trust to help you in a dangerous/unhealthy relationship.
 - a. For each of the listed contact people, please explain WHY you included them as one of your contacts.
4. Identify 5 LOCAL resources (Harford County based organizations or services) that could be contacted for assistance in handling dangerous/unhealthy relationships.
 - a. For each of the listed LOCAL resources, please explain WHY you selected the resource and describe the services/assistance they provide.

Graphic Organizer: Please provide the information above in the provided spaces below.

<u>Relationship Deal Breakers</u>
1. 2. 3. 4. 5. 6. 7. 8. 9. 10.



Effectively Dealing with Conflict

<u>Effectively Dealing with Conflict</u>
1. 2.

Emergency Contact People:

Local Resources:

Harford County Based Resources: Please use this link to access the Harford County Community Services Resource Guide (<https://www.harfordcountymd.gov/414/Resource-Guide>).

Resource Name	Why this Resource?	Resource Service/Assistance
1.		
2.		
3.		
4.		
5.		