

MY PERSONAL RESOURCE MAP

Who to Call - Think of friends, family members, teachers, counselors, mentors, community agencies and crisis lines that you could talk to if you think you are in an unhealthy relationship, if you are concerned about a friend, or if just need someone to listen.

Where to Go - Think of places you can go to get help or feel safe. This can be a friend's house, school, community agency, shelter or anywhere you will be safe.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

School Personnel



Family



Friends



Community Agent



- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____