Healthy Relationships

Write a few words that describe each type of relationship.

Healthy Relationship	Unhealthy Relationship	Abusive Relationship

Creating a Safety Plan

Create a code word or phrase that your teen can use if they need help or picked up.

Decide who your teen can contact if a parent is unavailable.

Make sure to pick a code word or phrase that wouldn't be used in everyday conversation.

This is an example of a code word from a teen. "Ice cream" was their chosen word, and they need their parent to come get them.

Notice that the parent immediately gave their teen an excuse to leave the situation and asked for their location.

Can I go to Melanie's house?

Yes, be home by 9pm

Okay! Thanks!

— 7:58 PM —

Can we go out for ice cream tomorrow?

Yes. Also grandma just called and needs your help. So I'm on my way to pick you up. Where are you?

I'm at Melanie's still