



## What Is A Safety Network?

Your safety network is a group of people, chosen by you, who make you feel safe, provide you with support, assistance and, if necessary protection.

They are people who you trust and feel you can go to when you feel unsafe.

It is important to know that just because someone is an adult or tells you to trust them, you don't have to.

It is your right to choose your safety network.



## My Safety Network Is People Who...

Circle the below boxes that tells you a person is safe and is someone who can be part of your safety network. After you've done this put a **X** on the boxes that tells you someone is **NOT** safe to be left alone with or to go to for help.

Seems nice	Supports me	I feel comfortable with	Will help me if I ask
Makes me feel safe	Touch or kisses me without my permission	I'm scared to tell somethings to	I can tell anything
I enjoy being around	I have fun with	I like	Invades my personal space
Asks me to keep secrets that make me feel bad or weird	Are kind to me	Respects my space	Loves me
Likes me	I've spent time with	Doesn't believe me	Understands me
I feel safe with	Listens to me	I feel safe being left alone with	I don't like being left alone with
I can be myself with	Protects me	My family or friends don't know	Tells me to grow up if I need help or am sad
Wants what is best for me	Doesn't take my feelings seriously	My family or friends know	I can depend on

## My Safety Network People

Do you have 5 people who you feel safe to be around, tell anything to, who will listen and protect you? .... If so, who are they?  
If you don't have 5 people in your safety network you can leave some of the boxes blank.



Their name is

.....

They are my

.....

What is your relationship with them?  
Parent, sibling, friend, teacher counselor, coach?