

My Early Warning Signs

If I feel unsafe my body lets me know.

Here is how!

Hair feels like it is
standing on end

Start to cry

Goosebumps

Sweaty palms

Need to go to the toilet

If I feel unsafe, I
must tell a trusted
adult on my
Safety Network
straightaway!

Sweaty brow

Heart beats fast

Feel sick in the tummy

Shaky all over

Wobbly legs

