

We all have the right to feel safe

Our right to feel safe includes:

- Our **physical safety**
- Our **emotional safety**
- We need to **understand what safe feels like** and recognise when we feel unsafe
- We need **a plan for when we feel unsafe** that includes how we can get help
- **Learning safety**
- **Social safety**

Feeling unsafe?

Stop

and take a moment to

Breathe,

it will help you to

Think: What choices do I have? Can I get help if I need it?

Go: Take Action. Get Away. Call for help.

