

My Early Warning Signs

If I feel unsafe my body lets me know.

Here is how!

Hair feels like it is standing on end

Sweaty brow

Start to cry

Heart beats fast

Goosebumps

Feel sick in the tummy

Sweaty palms

Need to go to the toilet

Shaky all over

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

Wobbly legs

