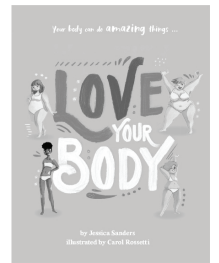
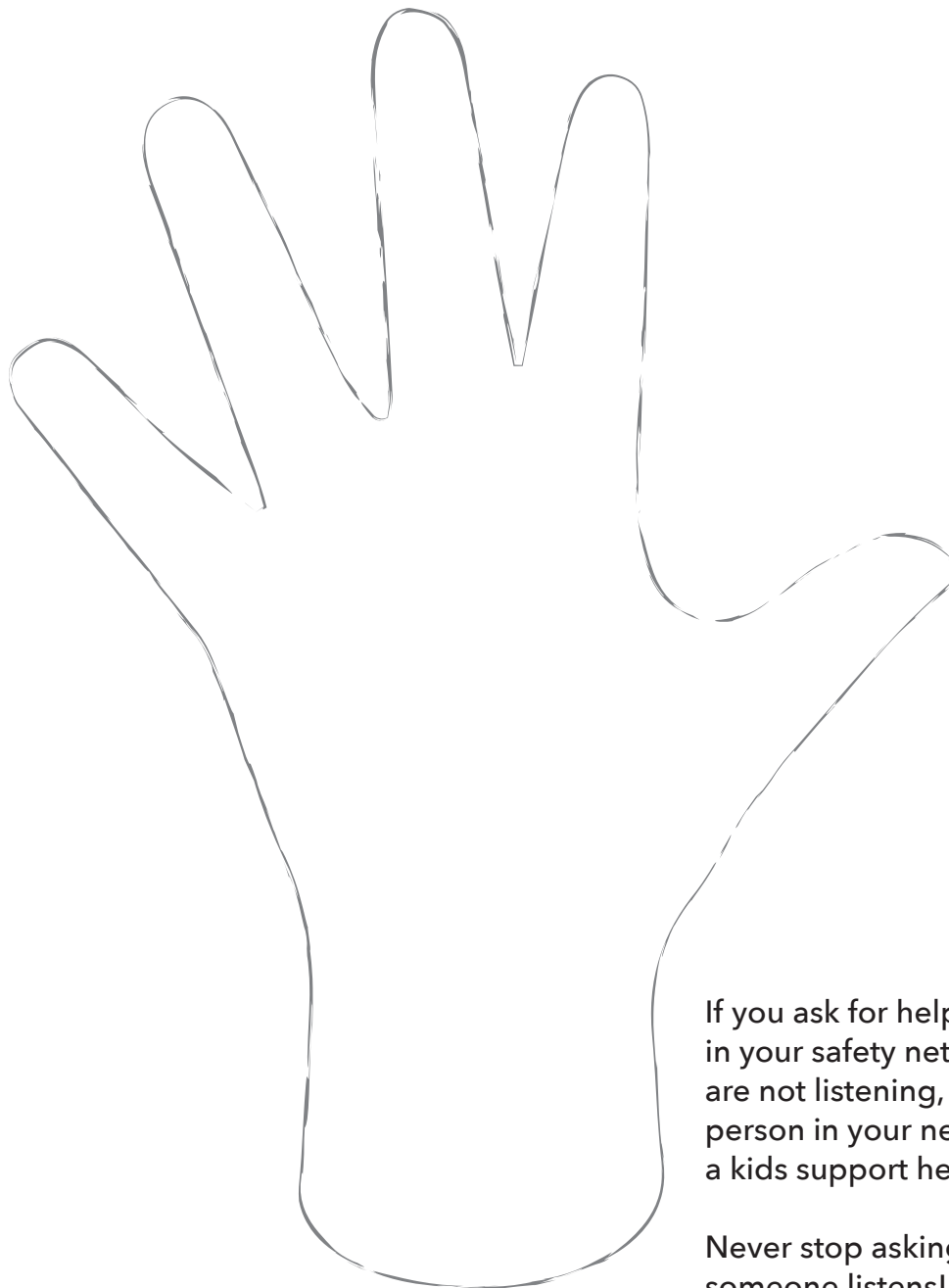


# My safety network



A safety network should include 3-5 trusted adults. These can be family, neighbours, teachers, sports coaches and so on. At least one of these people should not be a family member. Write the names of 3-5 adults you might include in your safety network on the fingers of this hand.



If you ask for help from someone in your safety network and they are not listening, ask another person in your network or call a kids support helpline.

Never stop asking for help until someone listens! You are brave and strong, and you are not alone.