When Someone Makes You Feel Uncomfortable...

Do the **Countdown to Safety!**

1. Say “No”

2. Push Away (Create a Distraction)

3. Get Away

4. Tell Someone You Trust
People in My Life

- Family
- Friends

- Personal Helpers
  (people who are paid to be with you)
- Community Helpers
  (Uniform, Name Tag or ID)

- Strangers
  (You don't know their names)
My Personal Safe Zone

- Boyfriend / Girlfriend
- Family
- Spouse
- Personal Support Helper
- Community Helpers
- Strangers
When Someone Makes You Feel Uncomfortable...

Tell Someone You Trust!

Examples:

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Counselor</td>
<td></td>
</tr>
<tr>
<td>Case Manager</td>
<td></td>
</tr>
<tr>
<td>Teacher</td>
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<tr>
<td>Family</td>
<td></td>
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<tr>
<td>Co-Worker</td>
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<tr>
<td>Support Staff</td>
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<tr>
<td>Doctor</td>
<td></td>
</tr>
<tr>
<td>Friend</td>
<td></td>
</tr>
</tbody>
</table>

Write down the names of five people you trust:

1. 
2. 
3. 
4. 
5. 
Learn to be Guarded

**Step 1**: Ask Yourself,
- a) Is this real or fake?
- b) Is this trick?

**Step 2**: Look for Clues,
- a) listen carefully
- b) ask questions
- c) seek assistance from others

**Step 3**: What should you do?
- Say “No!”
- Use Caution
My Safety Plan At Home...

When I am at home by myself, I should:

Before I answer the door, I should:

When I answer the phone, I should:

In an emergency, I should call:
In Public...

When someone unfamiliar offers me a ride, I should:

When someone offers me a free gift, I should:

When someone asks me for money, I should:

When someone wants my phone number and address, I should:

The most important thing I can do in an emergency is: