

The four safety messages of the
Safe Start program are:

I am special, so are you!

Building a healthy self esteem and encouraging respect and empathy for others.

Safety is my right

Identifying, and responding to, potentially unsafe situations and environments.

My body belongs to me

Identifying, preventing and stopping all forms of abuse.

I can get help

Accessing help from trusted adults and organisations.

TO:

WILL YOU BE ON MY

SAFETY HAND?

FROM:



I have been learning about how to keep myself safe.

One of the ways I can keep myself safe is to create a Safety Hand of at least five adults I can talk with if I ever feel unsafe, or if I ever have anything I need to talk about.

It's up to me to decide who is on my Safety Hand.

I would like YOU to be on my Safety Hand.

If you agree to be on my Safety Hand, there are some things I will ask you to agree to.

If I ever feel unsafe, or if I have a problem I need to talk about, will you please:

- * make yourself available to talk
- * listen to what I'm saying and feeling
- * believe me
- * do something, if necessary, to help me feel safe again

If you would like to know more about being on my Safety Hand, you can ask me or you can contact:

.....

on telephone number:

THANK YOU!