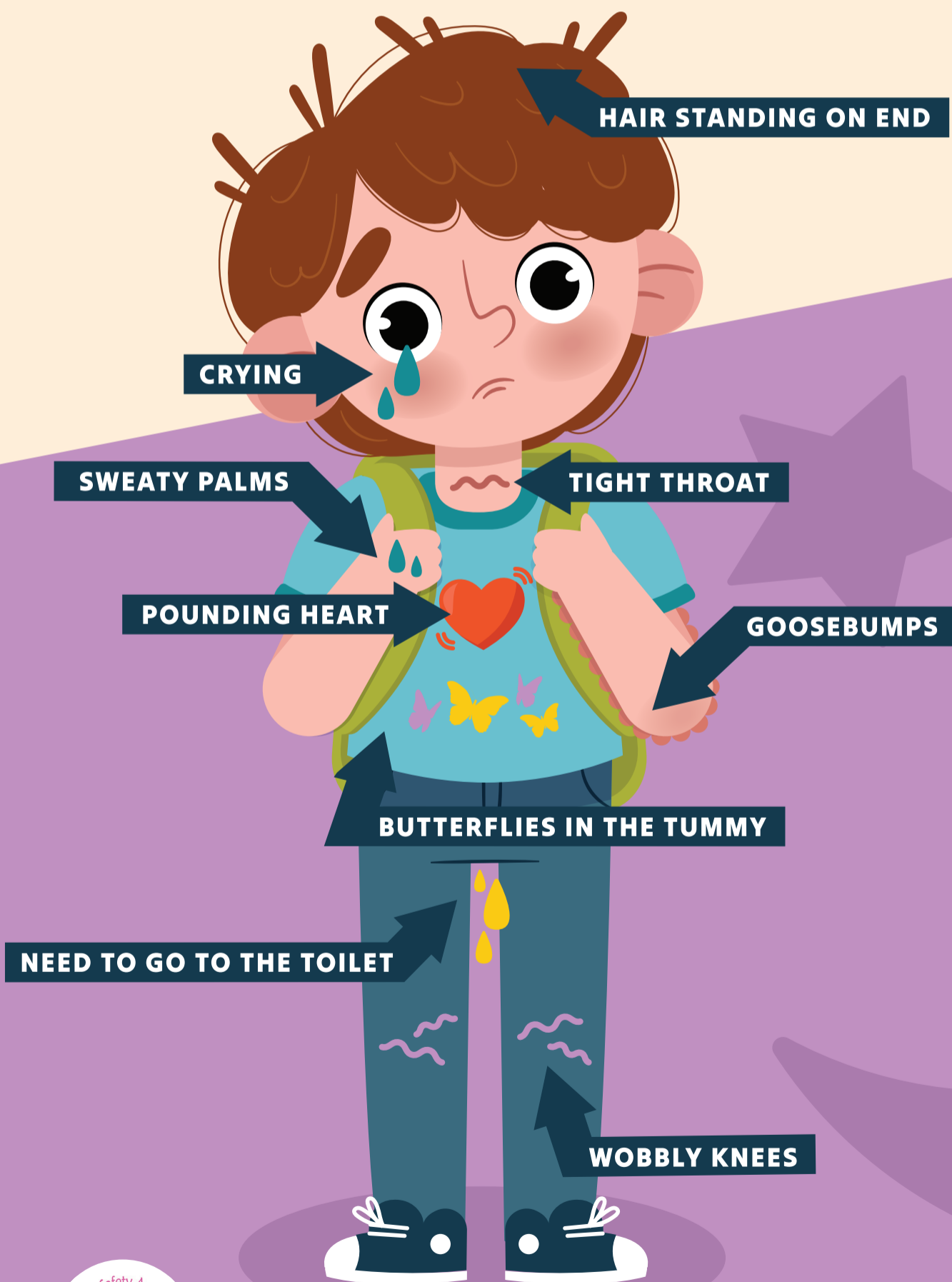


# SAFETY IS MY RIGHT ALL DAY & ALL NIGHT

Our bodies tell us when we don't  
feel safe through our **Early Warning Signs**



## If you don't feel safe:

- Go to a safe place as soon as you can
- You might need to break a rule to get away
- Talk with an adult you trust about how to feel safe again

