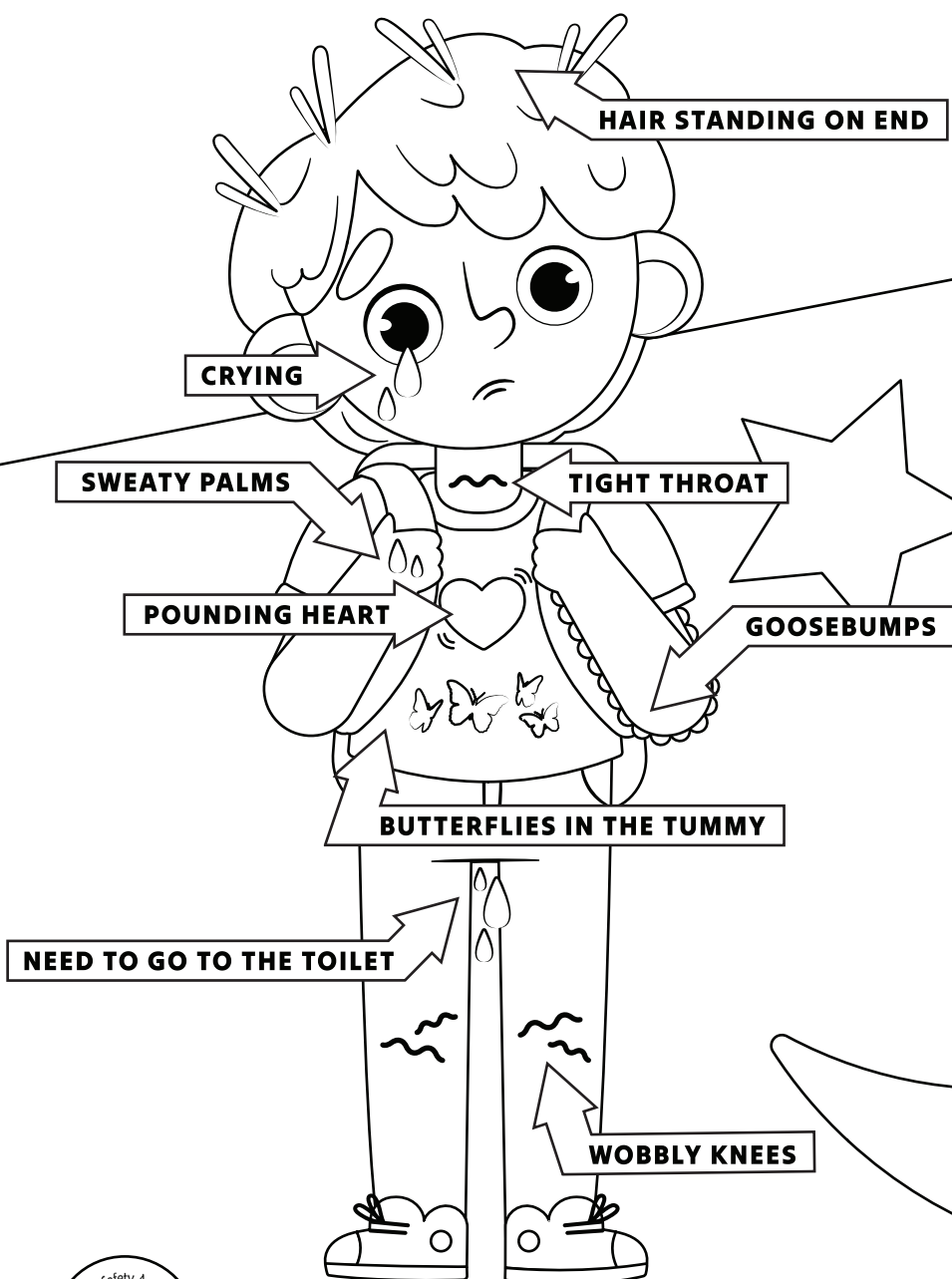


SAFETY IS MY RIGHT ALL DAY & ALL NIGHT

**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**