

Building a 'Safe Network'

Our personal 'network' includes the people we feel comfortable or safe to talk with, who have the qualities we need. There are no right or wrong shapes to use however the outline of a hand as a 'Helping Hand' or drawing around our own hand can be a visual reminder. It's important to choose our networks and without assuming who a person may choose we can generally encourage people to think about using the following:

Thumb – people at home, who we live with

Fingers – people outside of home e.g. school, at work, clubs, relatives...

Palm of the hand – pets, objects, diary.....

Up the sleeve – emergency services, helplines, online support.....

