

I can make safer choices when I .....



**STOP** ➡ **FEEL** ➡ **THINK** ➡ **DO**

**What is the problem?**

**How am I feeling?**

**What do I think I can do?**

**What will I do?**

**We all have the right to feel safe all of the time**



**We can talk with someone about anything even if it's awful or small**