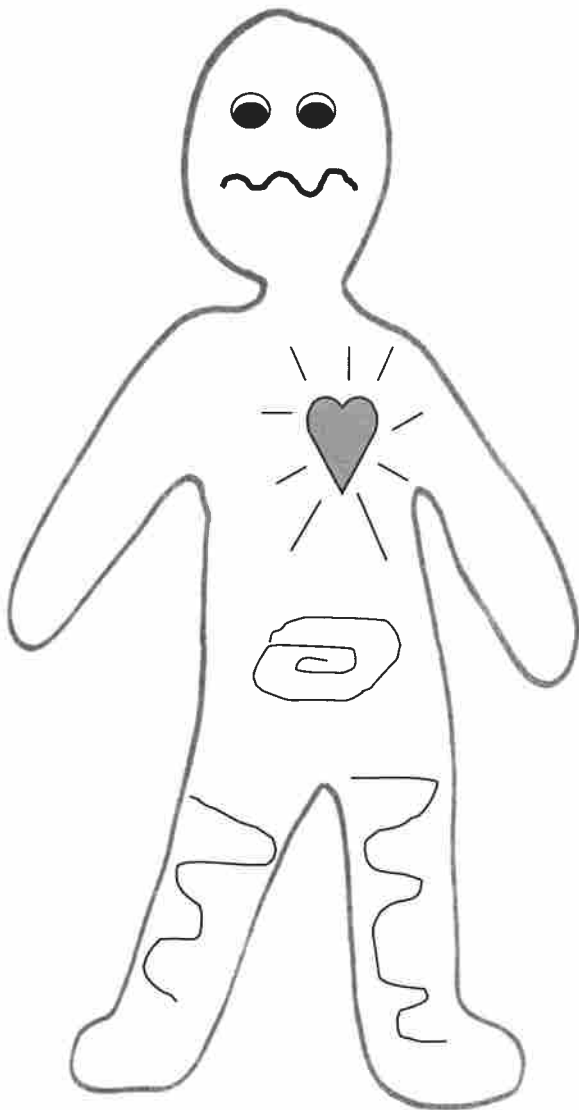


Early Warning Signs

This exercise helps young people identify the physical signs that occur when they don't feel safe. This can be a starting point for exploring strategies to action when Early Warning Signs are felt.



Instructions

Draw a large outline of a person or use the template. Ask the young person to think about what happens in their body when they don't feel safe. Try to help them come up with their own ideas, but it may help to give some examples

Tips

- Be as creative as you can!
Draw round the young person and ask them to add their signs using different colours and shapes

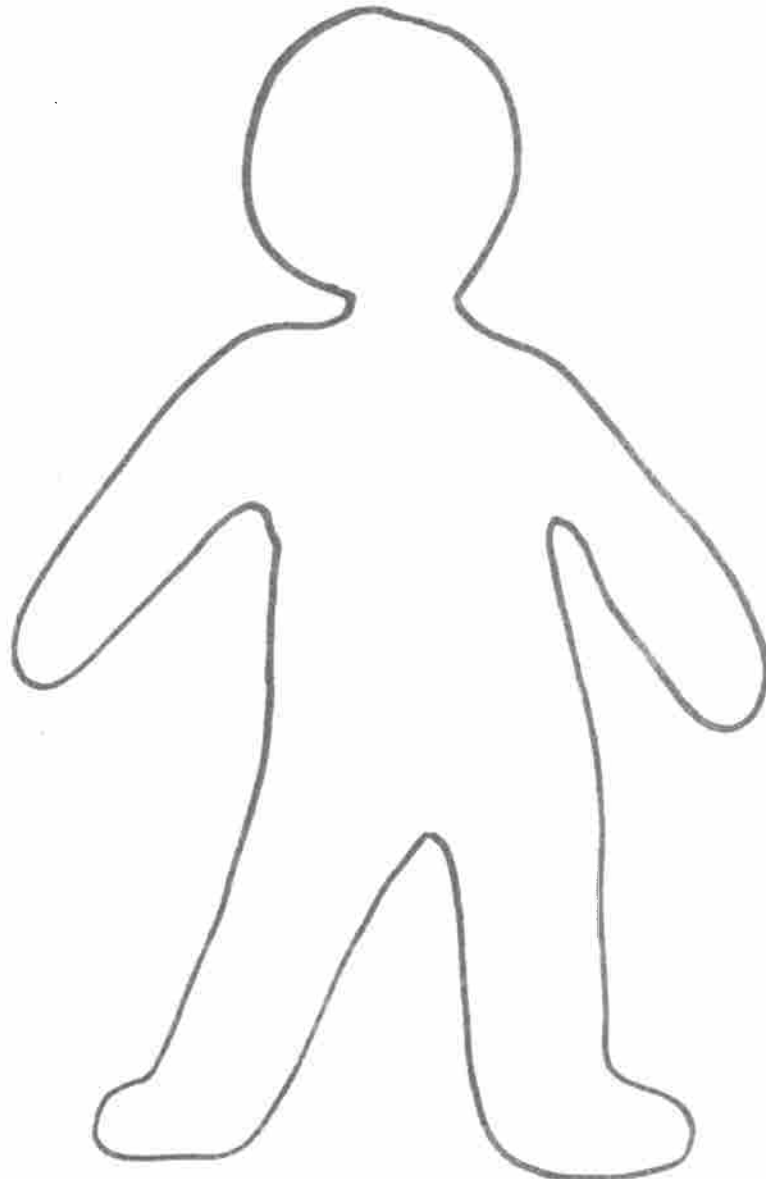
Early Warning Signs

Feeling Unsafe

What happens in our bodies when we don't feel safe?
We call these body signs our

Early Warnings Signs

You can draw or write your own Early Warning Signs



Name:.....
Date:.....

My Personal Support Network

This exercise enables the young person to think about who they might turn to when they don't feel safe, if they feel their Early Warning Signs. It can be used to emphasise one of the key themes of Protective Behaviours:

'There is nothing so awful or so small that we can't talk about it with someone we trust'

Instructions

Use the activity sheet to explain the idea of creating a support network.

Ask what qualities they look for in someone to talk to eg. Good listener, has time, believes you

Tips

- Different shapes can be used instead of a hand
- If 5 fingers are not filled, encourage the young person to be on the look out for new people to add to their network
- Never tell the young person who to put on their network.
- It's important to regularly review Support Networks as situations change.



Moving On

My Personal Support Network

We can all have a helping hand of people to talk with when we do not feel safe.

You can make your own helping hand!

- In the space below draw around your hand
- On each finger write the name of someone you can trust
- You may want to place all the adults that live with you at home on the thumb
- On the palm of your hand, you can put the name of something that you may talk to ie. Your pet, teddy bear, diary, god
- Up your sleeve you can put the names of people or organisations that you could contact in an emergency eg police, childline.

We need to make decisions for ourselves....

But....We do not need to make them by ourselves.....