

MY SAFETY

Safety looks different for everyone.
Draw the people, places, things, activities, and supports
that help you feel safe and protected.

SAFE PEOPLE



Who are the people
you can trust and
turn to?

SAFE PLACES



Where do you feel
calm, comfortable,
and secure?

SAFE THINGS



What things help
you feel safe and
comforted?

SAFE ACTIVITIES



What activities help
you relax, feel good,
or recharge?

PROTECTIVE FACTORS



What strengths, skills,
or qualities help
protect you?

MY SAFETY UMBRELLA

All the things above work together
to keep me safe, like an umbrella
on a rainy day.



How do these
things help
protect you?

WHAT SAFETY FEELS LIKE...



I CAN TAKE CARE OF MY SAFETY BY...



REMEMBER:

You deserve to feel safe. You are allowed to reach out. You matter.

