

MY EARLY WARNING SIGNS

IF I FEEL UNSAFE MY BODY LETS ME KNOW

Hair feels like it
is standing on end

Sweaty brow

Start to cry

Goosebumps
on body

Heart beats fast

Shaky all over

Sweaty palms

Tummy feels sick

Need to use
the bathroom

Wobbly legs

IF I FEEL UNSAFE I MUST TELL A TRUSTED ADULT



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