

I deserve to feel safe.

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What is safety?

Safety is a feeling.
When I feel safe, I feel:

- Calm and at ease
- Happy and peaceful
- Comfortable sharing my feelings
- Free to laugh, play, and be my wonderful self!



Who are safe people?

**Safe people make me feel
cared for and protected. Safe people:**

- Listen to me
- Respect when I say “no”
- Don’t scare or hurt me
- Help me when I need it



**Safe people might frustrate me sometimes but
they should never make me feel afraid.**

I feel safe with:

What can I do if I don’t feel safe?

**My body will tell me if something, or someone,
is unsafe. I might notice:**

- A tummy ache or tight chest
- Feeling afraid to speak up
- Wanting to leave or get away
- Feeling nervous, scared, or confused



If I don’t feel safe, I am allowed to:

- Say “NO! STOP!”
- Ask for help
- Tell a trusted adult
- Leave a situation that feels wrong

How can I offer safety to others?

I can help others feel safe by:

- Including a friend who feels left out
- Being kind with my words and actions
- Respecting when someone says “no”
- Giving space when someone needs it
- Getting an adult if someone needs help
- Asking permission before touching others

Helping others feel safe might sound like:

- “You can play with us.”
- “I’ll stay with you.”
- “Let’s tell a teacher together.”

