



Safety Awareness: Keeping Each Other Safe



What YOU can do or learn how to do:

Everyone wants to feel included and feel like they belong. We want friends and people to like us. But sometimes, a person may try to hurt, scare, or keep you away from people you trust and care about you.

There are things you can do to feel safer. You can speak up when something is wrong. You do not have to do this alone. Friends, family, or support staff can help you stay safe. They can help you feel stronger and more confident. People you trust can help you tell someone when you feel uncomfortable or afraid.

- **Know your body:** Learn how your body feels and changes as you grow.
- **Know relationships:** It's okay to want different kinds of relationships. Learn what is healthy and what is not.
- **Learn about consent:** Ask questions. Only do things you want to and feel okay about.
- **Have a safety plan:** Make a plan about what to do if someone hurts you or asks you to do something you don't want to.

*Here is what **WE**
can do:*

- Help a child feel good about who they are. This builds confidence and helps them speak up.
- Practice talking about hard or uncomfortable topics. Ask people you trust to help you have these conversations.
- Pay attention to changes in behavior. Gestures, body language, sounds, and words can show when something is wrong.
- Listen carefully and believe what the child or adult tells you. This builds trust and helps them feel safe.
- Create safe spaces and strong support networks. When caring adults stay involved and pay attention, problems can be noticed early or prevented.

Questions about this project?
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[Bit.ly/FromSilenceToSafety](https://bit.ly/FromSilenceToSafety)

Safety Planning
Resource:
bit.ly/NIWRCSafety