

Being a Safe Person

Everyone needs at least one safe person in their lives.

Someone that they can go to for a second opinion, to comfort them during tough times, to be a trusting voice, and to provide support and assistance.



What makes someone a safe person?



They take your feelings into account.



They treat others with respect.



They are considerate.



They respect consent and boundaries.

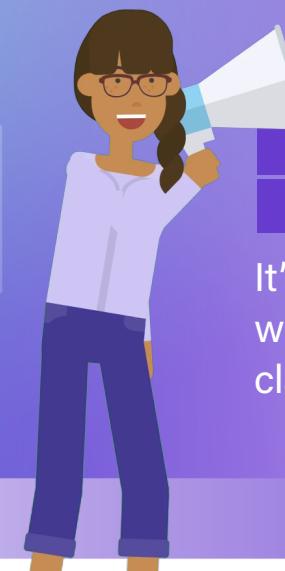


They are thoughtful and kind with their words and actions.

Why does it matter?

Having safe people in our lives helps us feel secure and valued.

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ESPECIALLY IF WE EVER COME ACROSS ANY DANGER ONLINE OR IN PERSON.



AND WE ALSO PLAY AN IMPORTANT ROLE IN KEEPING OTHERS SAFE.

It's our job to make sure that we are safe people to our peers, classmates, friends and family.

Let's Explore!

1. Think of a time when you had someone act as a safe person for you. How did it make you feel?

- You can take a deep breath.
 - You can speak safely.
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2. How can you be a safe person for others?

3. How would it feel for someone to identify you as a safe person?



4. Draw a scenario of you being a safe person to a classmate.