

_____ 's Safety Pledge

I am important and all of my feelings are ok.

I will be aware of my feelings,
and when I need to talk to someone,
I will go to my "Feelings Helpers".

If I am in an unsafe situation,
I will say no, run away, and tell the closest safe adult.

If I see other people being unsafe,
I will remember DON'T get in the middle,
and DO get an adult.

I promise to remember MY BODY is MY BODY!

If someone makes me uncomfortable,
I will say no, run away, and tell a safe adult.

Finally, I promise to not hurt others' bodies or feelings.

