

Stay OK in the community



Feeling unsafe? Who can help me?

Name: _____

If you ever feel unsafe or uncomfortable, you should tell someone. This could be someone that you know or someone that you don't know. So who can help you? Write some ideas in the columns.

People I know who can help me	People that I don't know who can help me
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

What are some of the feelings you might get when you feel unsafe?



Is it always people we don't know that make us feel unsafe?



Remember, sometimes people we don't know can help us.

