

Name \_\_\_\_\_

Date \_\_\_\_\_

# Emotional Safety

Recognize support, boundaries, and trusted help

**Directions:** Mark each situation SAFE, UNSAFE, or UNSURE. If something feels unsafe or confusing, tell a trusted person.



**SAFE                  UNSAFE                  UNSURE**

1 A support person listens when you say you need space.

2 Someone tells you to keep a secret that makes you worried.

3 A new person asks for private information online.

4 A friend disagrees respectfully and lets you choose for yourself.

5 You are not sure whether a request is appropriate.

Write or draw three trusted people you can talk to:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

If there is immediate danger, move to a safer place and contact emergency help or a trusted support person.