

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.

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Date _____

Emotional Safety

Recognize support, boundaries, and trusted help

Review Guide: 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.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 Someone tells you to keep a secret that makes you worried.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3 A new person asks for private information online.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
4 A friend disagrees respectfully and lets you choose for yourself.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 You are not sure whether a request is appropriate.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

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1. _____ 2. _____ 3. _____

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