

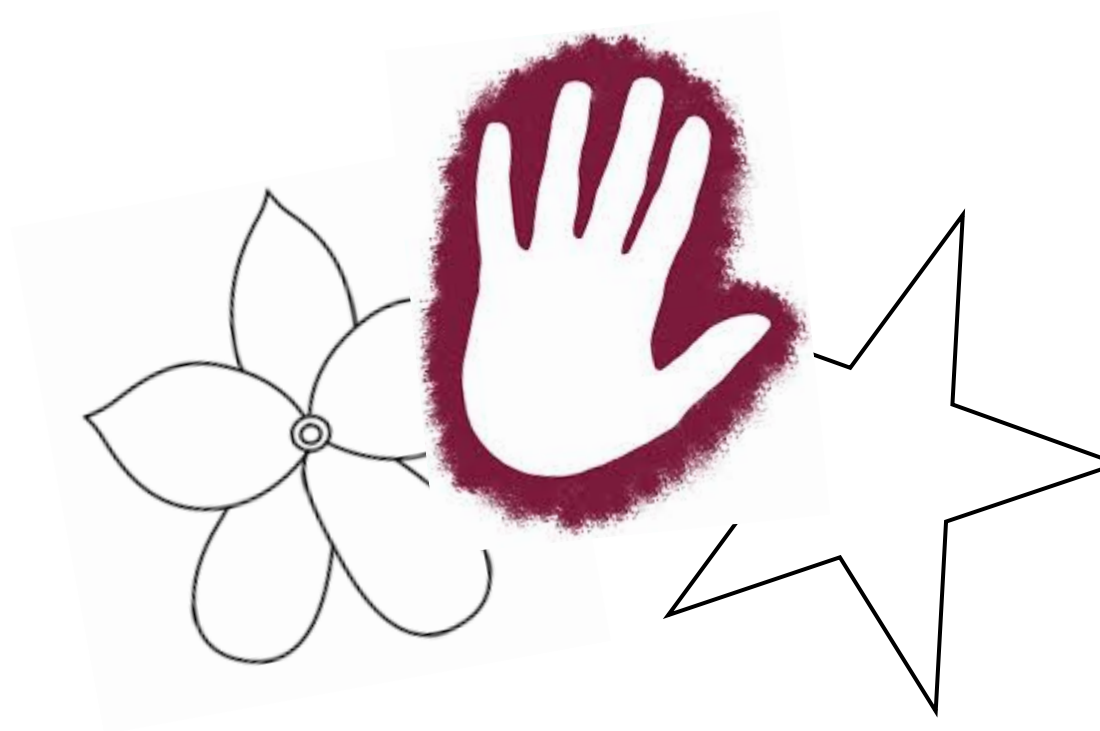
# Protective behaviours



I choose you to be on my network

We all have the right  
to feel safe all the time.

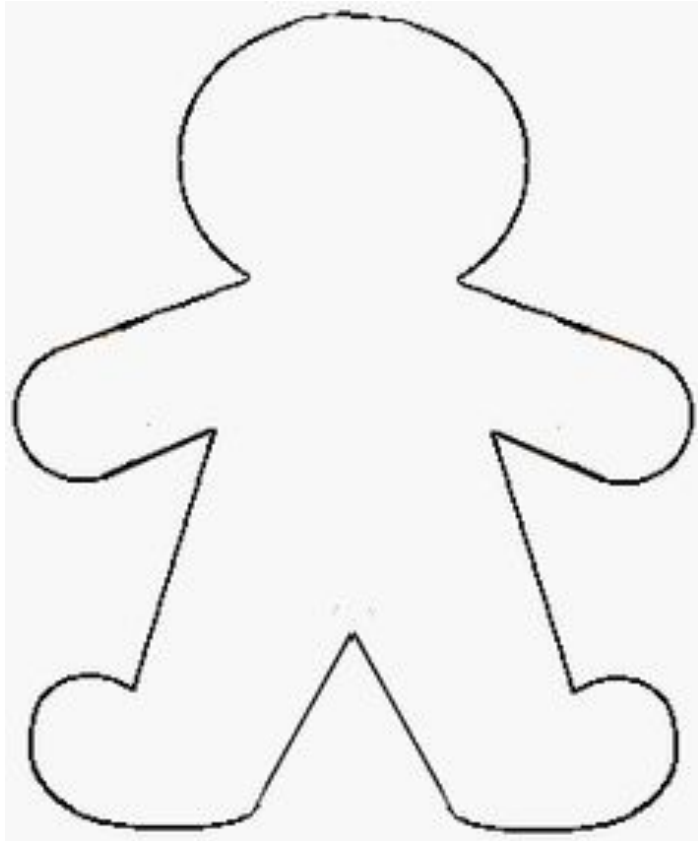
We can talk with someone  
about anything even if  
it is awful or small.



From:.....

To: .....

I have been learning about Protective Behaviours, and I have learned that I have a right to feel safe all the time and I can talk with someone about anything, even if it is awful or small.



I created my network of people so I know who I can talk with if I don't feel safe.

I would like you to be on my network if I don't feel safe, will you please:



LISTEN to me



BELIEVE me



HELP me feel safe again

If you don't know what to do, you can call Stacey Mason from Creative Optimistic Visions, on 02476 559401/07532364336 and talk with her or the COV team.