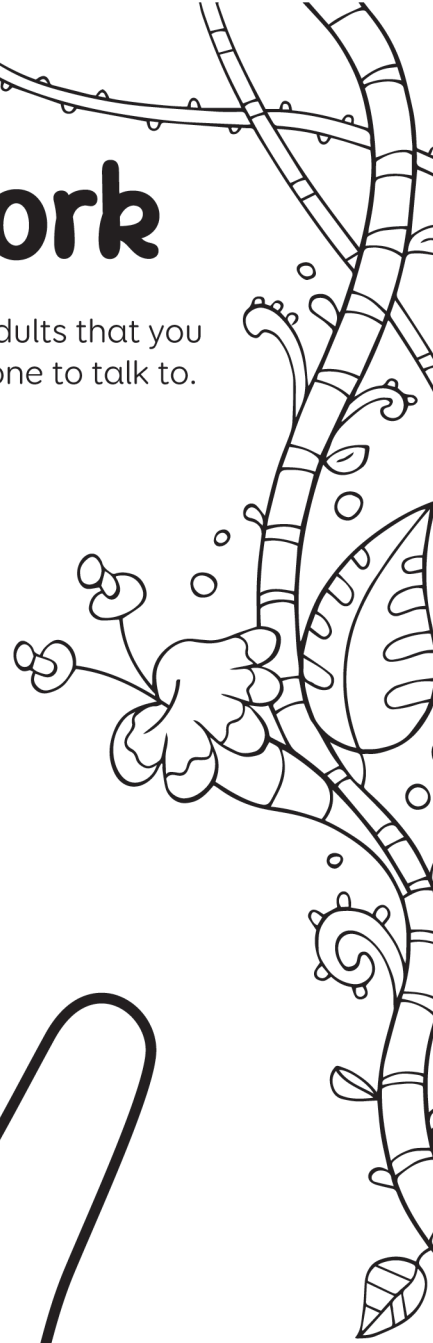


# My Safety Network

Who can you ask for help when you need it? Think of 3 to 5 adults that you trust and are there for you when you need help or just someone to talk to. One should not be a family member.

**Write one name in each finger of the hand.**

Let these people know you have chosen them as part of your Safety Network.



**Remember!** You can always ring a Kids Helpline if you need help or someone to talk to.