

# MY EARLY WARNING SIGNS

by Jayneen Sanders

**IF I FEEL UNCOMFORTABLE, SCARED OR UNSAFE  
MY BODY LETS ME KNOW.**

Here is how!

Hair feels like it is  
standing on end

Sweaty brow

Start to cry

Heart beats fast

Goosebumps

Shaky all over

Sweaty palms

Need to go to the toilet

Feel sick in  
the tummy

**If I feel unsafe, I  
need to tell a  
trusted adult on  
my safety team  
straight away!**

Wobbly legs