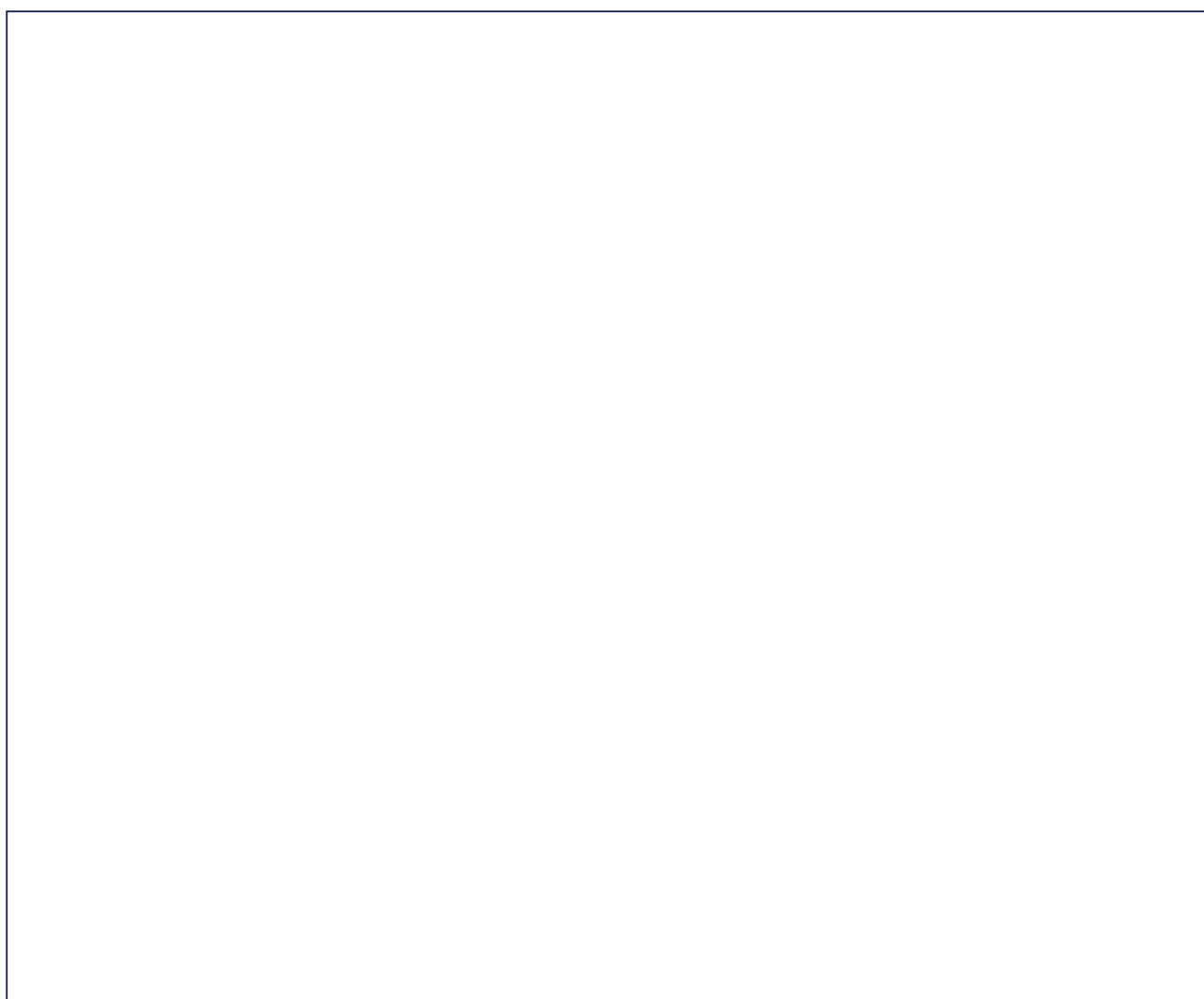


My Safety Network: Who Can I Trust?

Learning objective: To identify trusted adults and understand how to seek help when feeling unsafe or worried.

Use this sheet to create a 'Safety Network' illustration. Follow the steps below to build your drawing and label your trusted support system.

Draw: Draw a large, friendly 'Safety Tree' in the centre of the page. The trunk of the tree represents you. In the branches, draw five large, colourful leaves. Inside each leaf, draw a face or write the name of a 'Trusted Adult' from your life (e.g., a teacher, a parent, a grandparent). Around the tree, draw a 'Safety Shield' or a protective garden fence to show that your network keeps you safe. Use bright colours to make your tree look welcoming and strong. Add labels from the word bank to describe different parts of your network.



Label words: Trusted Adult · Support Network · Safe Place · Helpful Listener · Kindness · Safety Plan

Steps:

1. List three qualities you should look for in a 'trusted adult'.
2. Why is it important to have more than one person in your safety network?
3. If you are feeling worried at school, who is the first person you might speak to?
4. Label your drawing with the names or roles of the people in your network (e.g., Mum, Dad, Teacher,

Auntie).

5. Draw a 'Safe Place' in the background of your picture. Where do you feel calm and secure?