## My Early Warning Signs

If I feel <u>unsafe</u> my body lets me know.

Here is how!

Hair feels like it is standing on end

Start to cry

Sweaty brow

Goosebumps

Sweaty palms

Need to go to the toilet

If I feel unsafe, I must tell a trusted adult on my **Safety Network** straightaway!

Heart beats fast Feel sick in the tummy

Shaky all over

Wobbly legs







