

Managing Risky and Unsafe Situations

Remember the 4 Safety Steps:

1. Stay Calm

a. Relaxer: _____

b. Coping thought: _____

2. Speak Up



3. Find a Safe Place

a. At home: _____

b. At school: _____

c. In the community: _____

4. Find a Trusted Adult to Help

a. At home: _____

b. At school: _____

c. In the community: _____