If I feel **unsafe** my body lets me know.

Here is how!

- Hair feels like it is standing on end
- Start to cry
- Goosebumps
- Sweaty palms
- Need to go to the toilet
- Sweaty brow
- Heart beats fast
- Feel sick in the tummy
- Shaky all over
- Wobbly legs

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