

My Personal Safety Radar

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Name: Date:.....

1. In the centre of the radar – inside the magnifying glass - write "ME".
2. Inside the radar circles, next to each of the signals dots, write a body cue that you might recognise in yourself when you feel unsafe or unsure (e.g., fast heart rate, flushed in the face).
3. Outside the Radar circles, write actions you can take when your radar goes off (e.g., move to a safe place, call a parent, tell a teacher, walk with a friend).

