

My Helping Hand

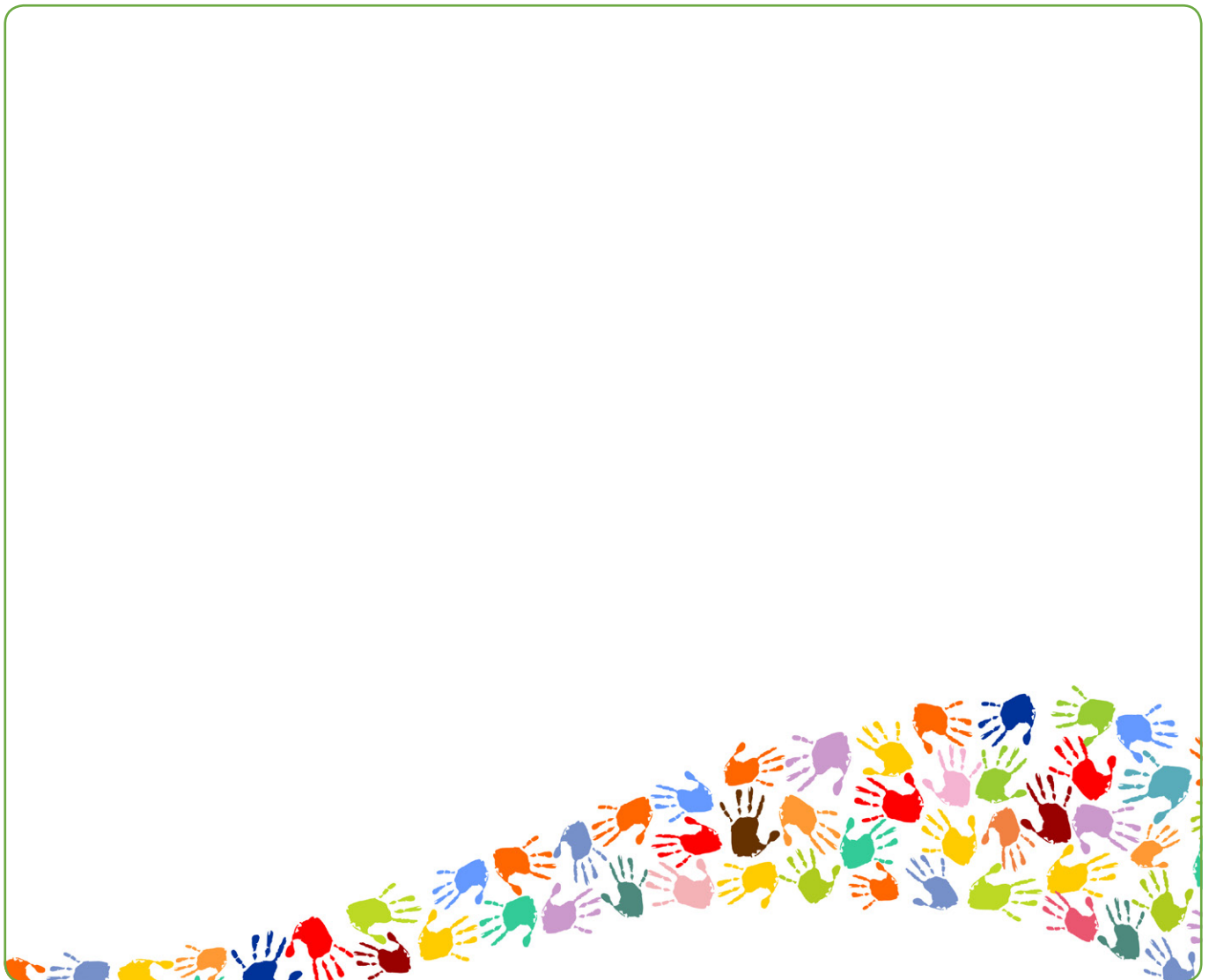


When we do not feel safe it is good to have people that we can talk to. We can use a Helping Hand to help us to remember the people who we can talk to and people who can help us.



Your Helping Hand

- Draw around your hand.
- In the space around your hand you can write down some things that we need to stay safe from.
- In the palm of your hand write the names of people or organisations that can help us in an emergency.
- On each finger write the name of an adult that you know and trust.



Remember! There are lots of people who care for you and want to keep you safe. There is nothing that is so awful or so small that we can't talk about it with someone.