

# WHAT STAFF CAN DO TO KEEP ME SAFE:

What **gets me** upset, anxious or angry?

Upset?

Anxious?

Angry?

What are the **signs** I am upset, anxious or sad?

What **subjects** or **situations** should be avoided when you feel like this?

---

---

---

---

---

If I do get upset, anxious or angry, **staff** will do the following to keep me safe:

1.

2.

3.

I can also **keep myself safe** by:

1.

2.

2.

What things can staff do to increase my feelings of **safety, positivity, and respect**?

---

---

---

---