Problem Solving Questions

It's okay to feel nervous and scared sometimes. We know we are safe if we can say yes to our problem solving questions.

IF YES
it is safe

IF NO
it is unsafe

1. Is it something fun or needs to be done?

2. Can we tell a safe adult and get help?

3. Do we have some choice or control?

4. Are we **NOT** being hurt?

Safe Choices
emmyandfriends.com.au