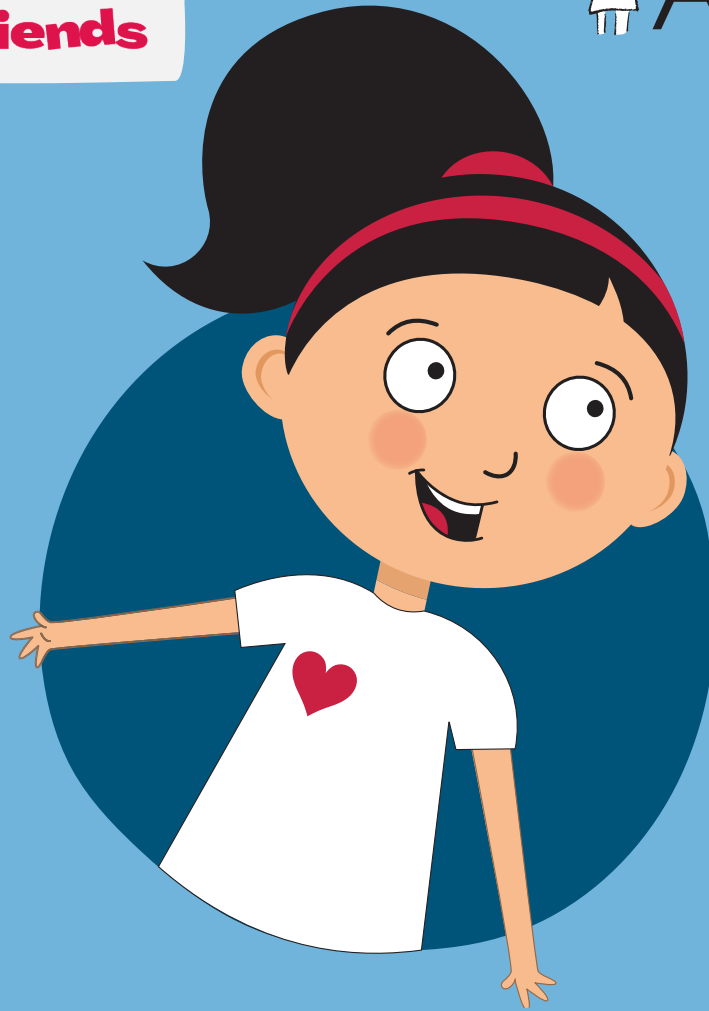


Learn to Be Safe with
Emmy & Friends

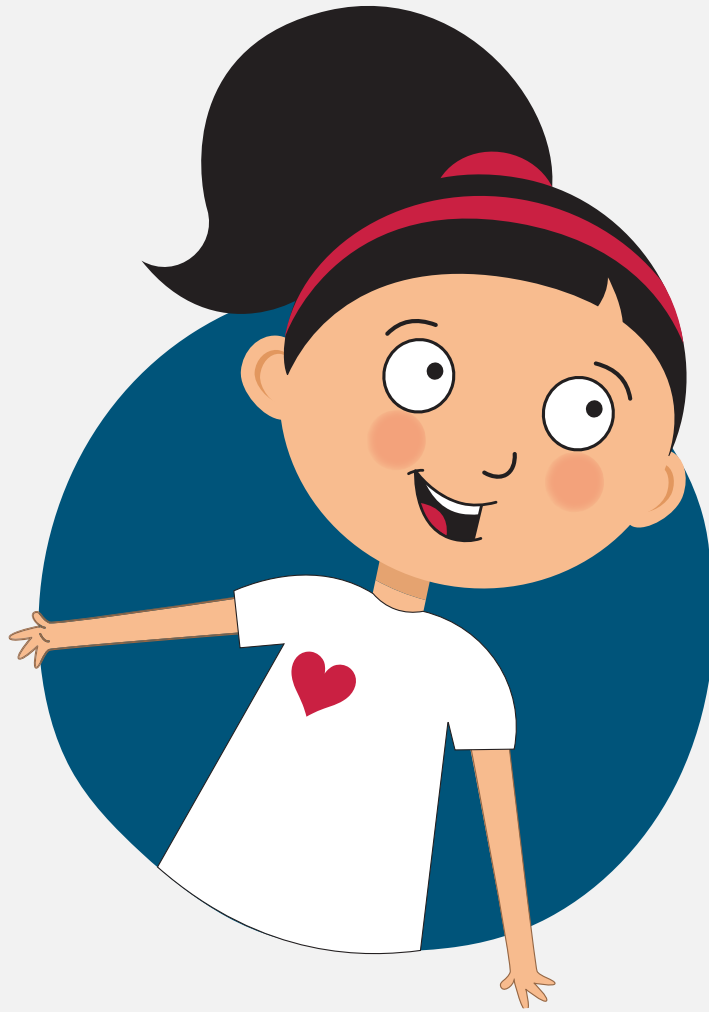


Learn to **BE SAFE**

Helping little people learn the difference between being and feeling safe and unsafe, and the role of adults to keep kids safe.



Act for Kids is a national not-for-profit organisation whose purpose is to help keep kids safe, heal from trauma and lead happy lives.



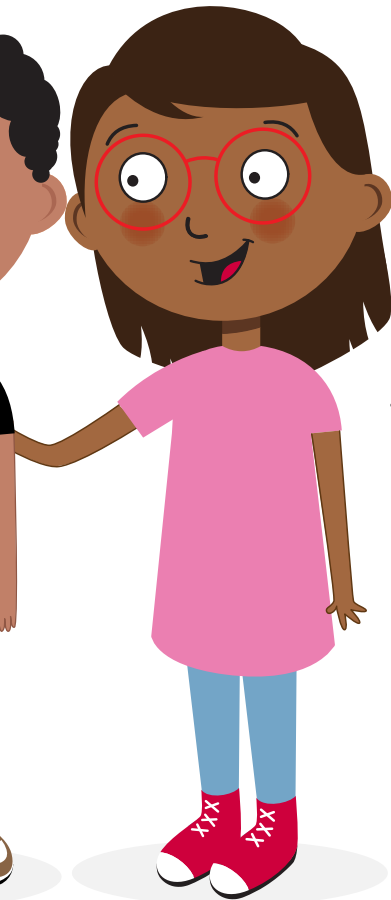
Learn to **BE SAFE**

By the team at Act for Kids

Hey! My name is Emmy and these are my friends.



Eddy



Jules

Adeena

Oki



Will

Come learn to be safe with us!

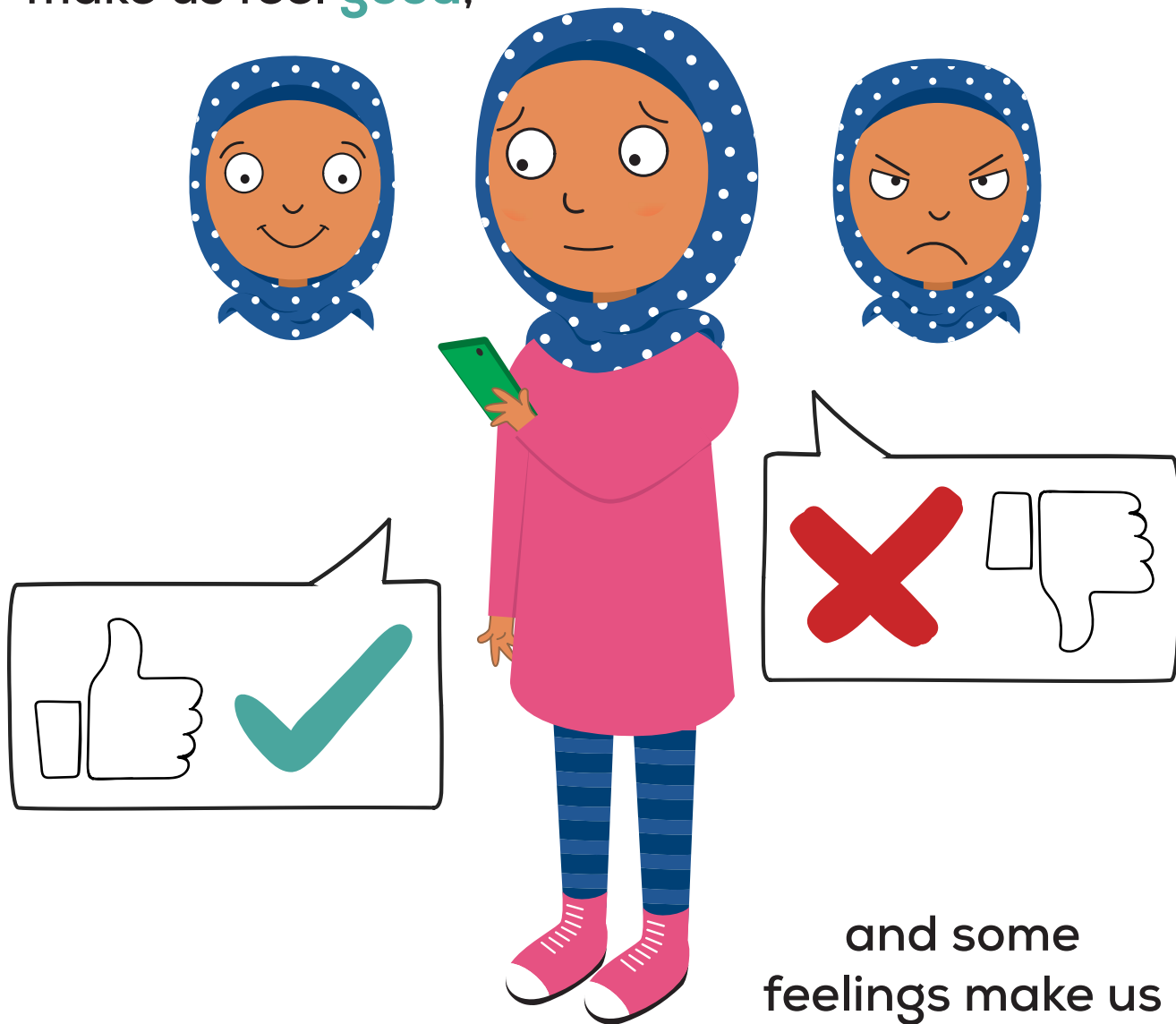
We all have lots of different feelings.



Feelings help our brain decide when our body is **safe** or **unsafe**.

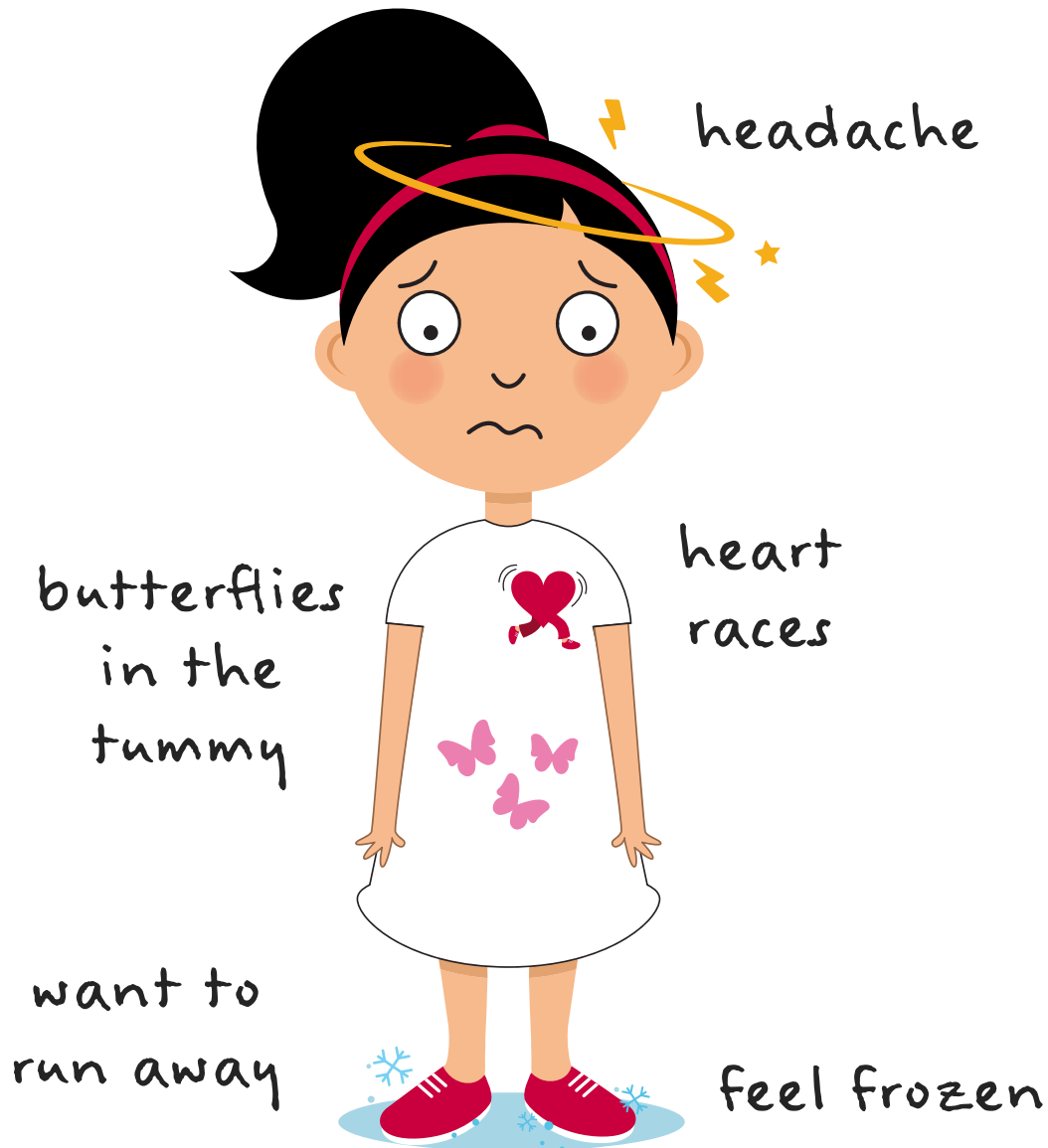


That's why some feelings
make us feel **good**,

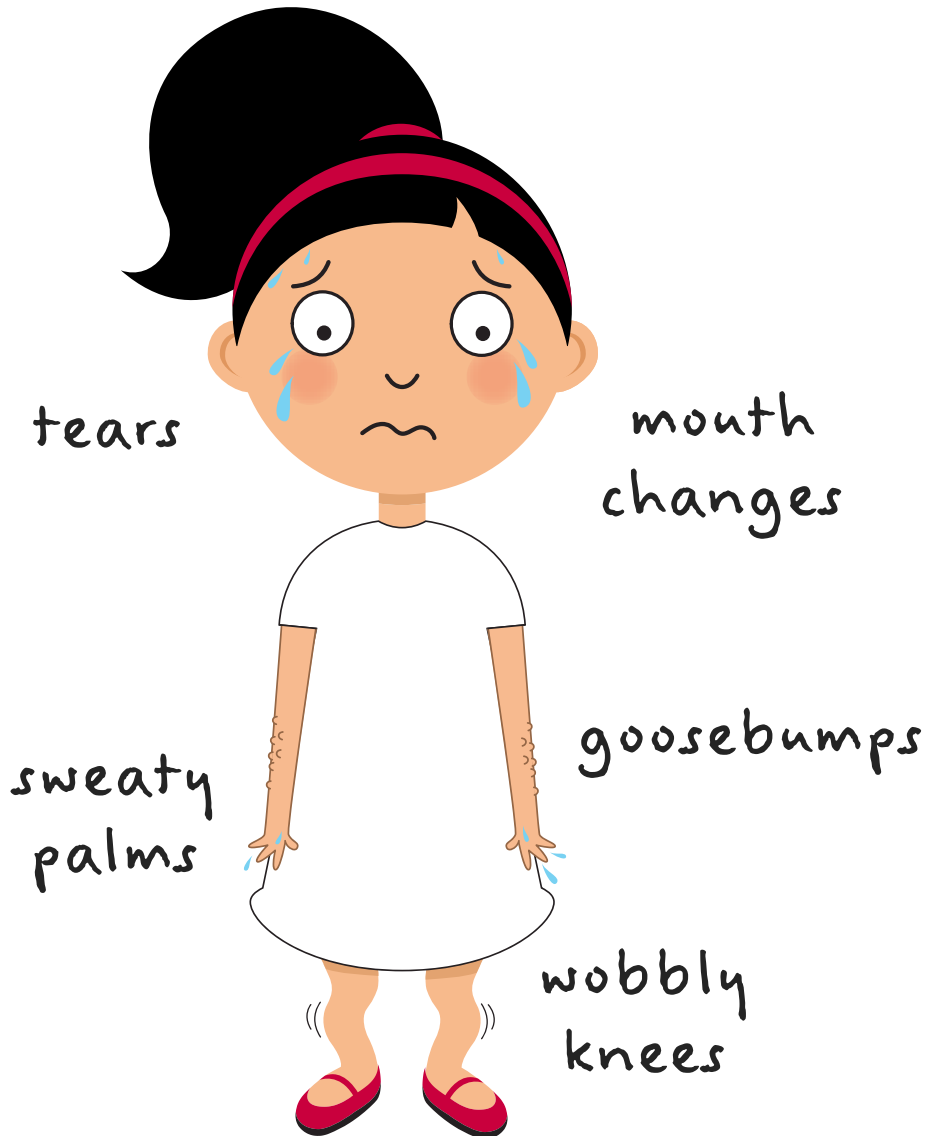


and some
feelings make us
feel **not so good**.

We can feel our feelings on the **INSIDE**



and sometimes we can even see
them on the **OUTSIDE**.



FEELING safe is...



when **inside our body** feels good.
Like when we are calm, happy or excited.

BEING safe is...



when our body is **not hurt** and we
are not in any danger.

FEELING unsafe is the opposite... It is when we are worried, anxious or sad about things we think will hurt us or the people we care about.



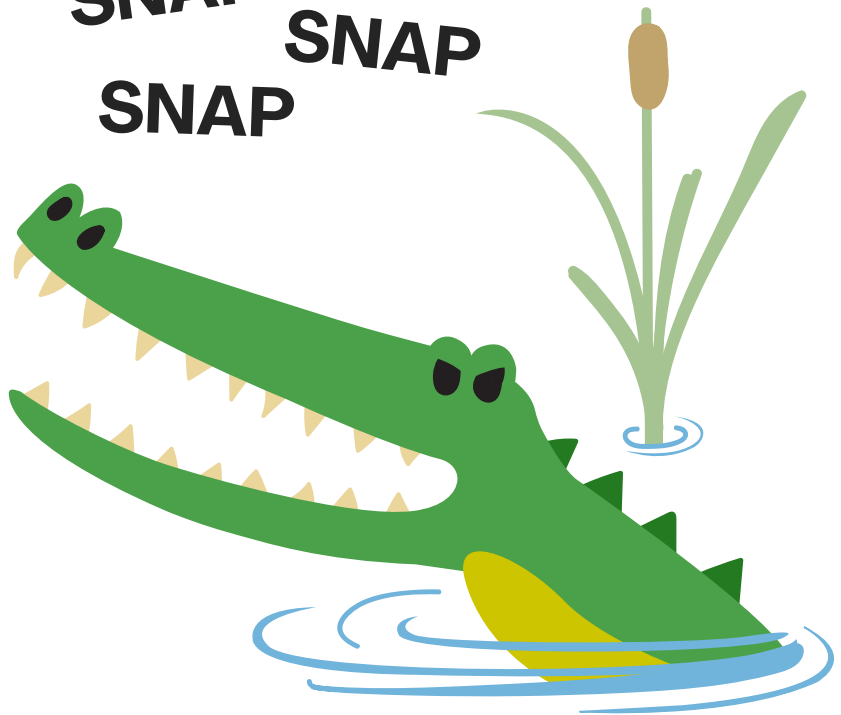
It doesn't matter if the danger is real or not, it matters **how safe we feel on the inside!**

BEING unsafe is...

eeeeek!



SNAP
SNAP
SNAP



when our body **is hurt**
or **we are** in danger.

We all have the right to **FEEL SAFE** and **BE SAFE**
all the time,



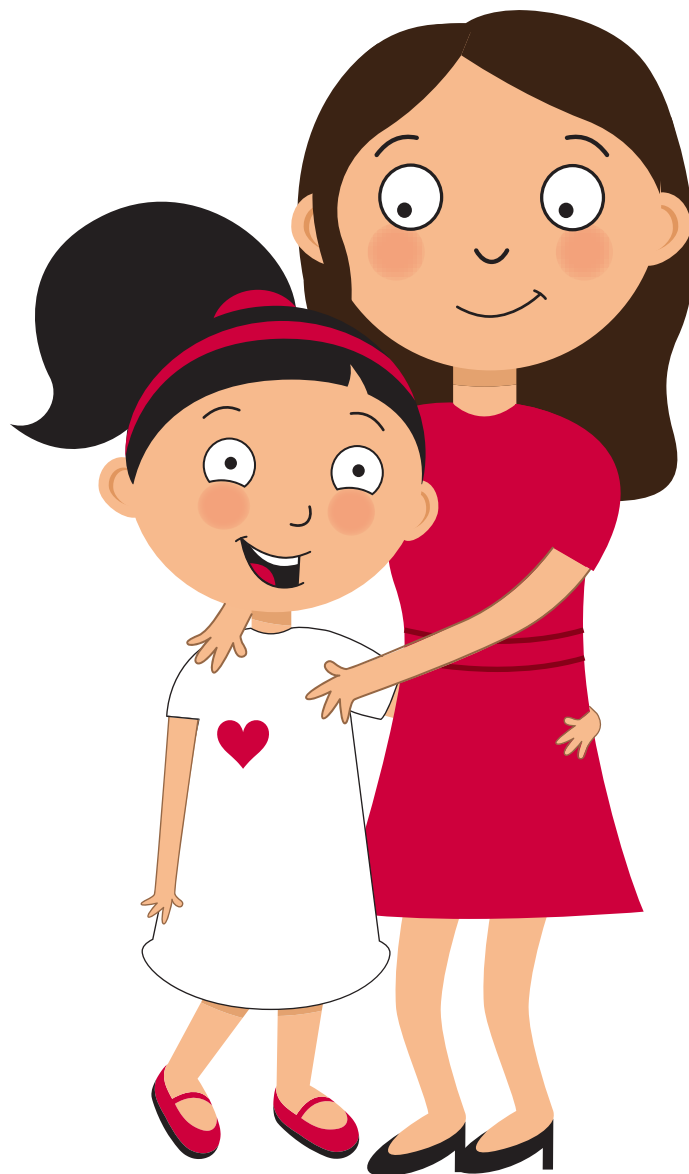
everywhere





and with everyone.

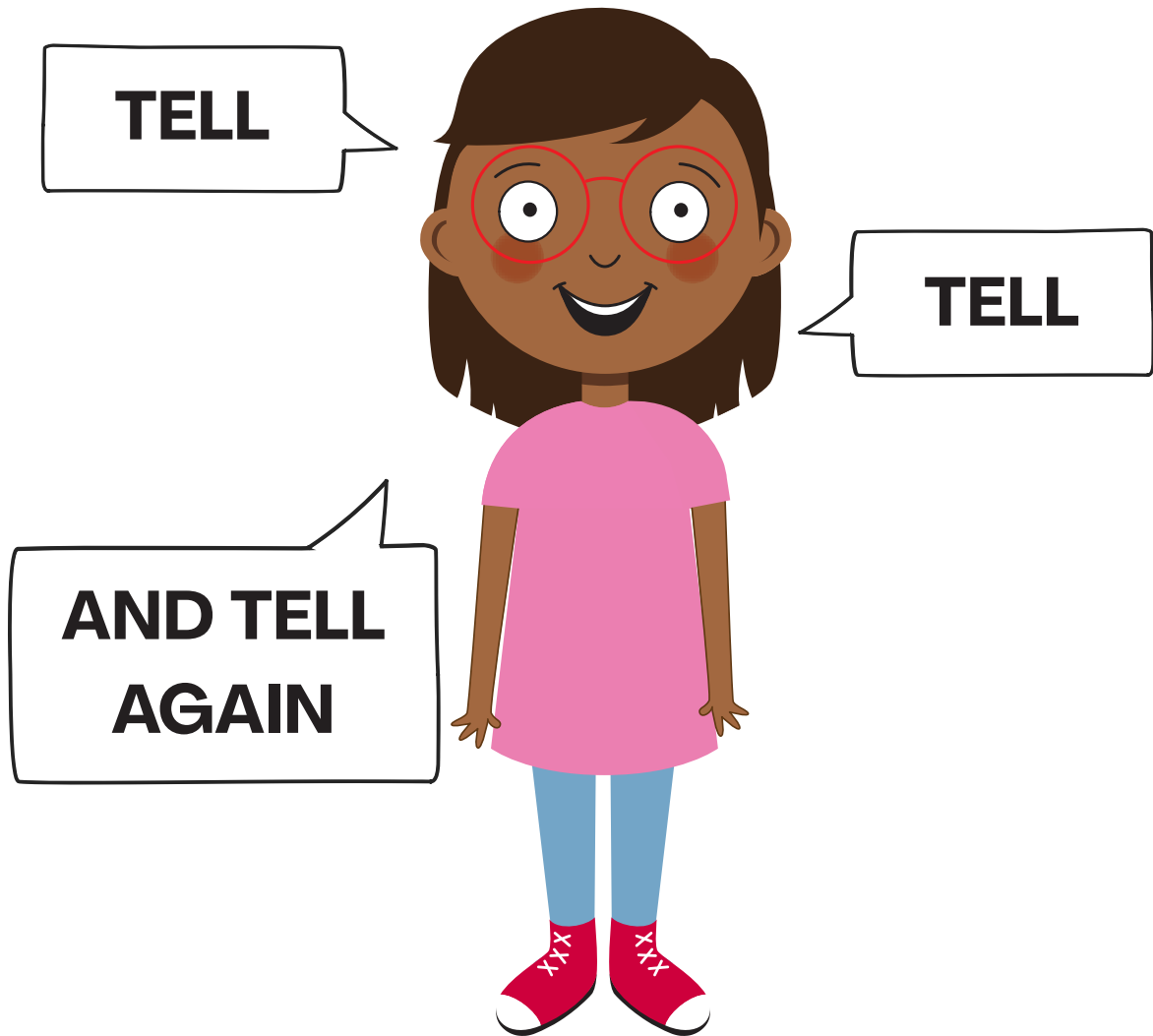
It is an adult's job to keep kids safe and cared for.





If an adult is not acting safely, kids are allowed to get help from another adult.

We can tell a safe adult anything, no matter what



and we can keep telling until
someone listens and helps.



*Thanks to our friends at ConocoPhillips
and Westpac for helping us to be safe.*

 ConocoPhillips

 Westpac



Learn to **Be Safe** with
Emmy & Friends

 Act for kids