



THE S.A.F.E.T.Y. FIRST MODEL

S

STOP & THINK

Think about the long-term impact.

Ask yourself, "How will this effect others, myself & my family?"

A

ASK FOR HELP

Who do you trust to help you in this moment?

Examples: Coach, School Counselor, Mentor, Teacher, etc.

F

FIND A QUIET PLACE

Slow things down, step away & determine what's bothering you.

Examples: Asking teacher for a break, journaling, going for a walk, taking deep breaths.

E

EDUCATE YOURSELF & OTHERS

Helping your peers during difficult moments can make a world of difference.

Take them to get help from a trusted adult.

T

TELL YOUR PARENT/GUARDIAN

Talk to your parents. They can and will help you.

Examples: Talk to the Principal or Counselor about the situation and see that it's resolved.

Y

YOU & YOUR HELP MATTERS

Know that you matter. Help is always available to you.

Remember, what you do matters in keeping yourself and others safe.

SAFETY FIRST.
#IDEACares