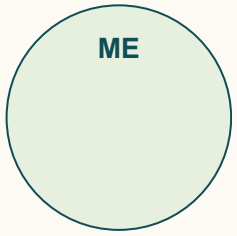
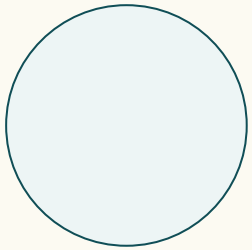
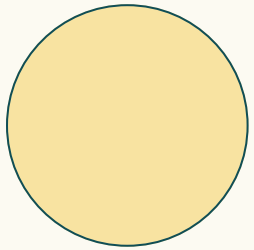
People. Places. Paths to help.

Draw yourself, a helper, and a place you can reach for support.
Connect them with your own paths.





A helper



A place

Grown-up I'll show my map to:

You can draw, color, or write.

Who you are is not the problem.

When hurtful behavior keeps happening, and it feels hard to make it stop, you can ask a grown-up for help.

Your skin, body, family, culture, or the way you learn never makes hurtful treatment okay.

"Something keeps happening. I need help making it stop."

Safe grown-ups can include a caregiver, teacher, counselor, or coach.

988 Suicide & Crisis Lifeline

Call or text 988 for crisis support.
Immediate danger? Call 911.

Progress is Progress LLC

www.progresscounselingprograms.com

You Deserve to Feel Safe

**Kindness. Belonging.
Help when you need it.**



You don't have to handle hurtful behavior on your own.

Progress is Progress LLC

Mile or a Millimeter

01 / FRIENDSHIP CHOICES

Respect can look like this.

Circle the choice that shows care.

1 / Someone says, “Stop.”

- ◯ Keep teasing.
- ◯ Stop and listen.

2 / A kid is sitting alone.

- ◯ Laugh about it.
- ◯ Offer them a seat.

3 / Someone gets pushed.

- ◯ Get a safe adult.
- ◯ Join in.

Care choices: Stop and listen; offer a seat; get a safe adult.

If helping feels unsafe, get a grown-up.

02 / A SAFER NEXT STEP

A safer next step.

You didn’t make someone choose to hurt you. You deserve help, even if you feel scared or unsure.

1 Move toward help.

Go to a safe grown-up or a place with adults, if you can.

2 Speak if it feels safe.

“Stop. I don’t like that.”
You can skip this and get help.

3 Tell a grown-up.

Say what happened and where.
You can show this pamphlet.

One safer move I could try:

_____

A grown-up who can help:

_____

03 / TELL AND TRY AGAIN

Tell. Try again. Keep getting help.

“Someone keeps hurting me. I need help feeling safe.”



First grown-up I’ll tell:

_____

Another one if I still need help:

_____

What I want them to know:

_____

_____

If the first person doesn’t help, tell another safe adult. Keep telling until someone helps.