A safe space is a person, place, or activity that helps you feel calm and comfortable and lets you be yourself. Your safe space is there for you no matter how you feel--happy or sad, talkative or quiet, brave or scared.

Below are some examples that might feel safe to you. Circle your safe spaces or write in your own.

People

Safe people listen to you, support you, and accept you for who you are.

* parent
* grandparent
* brother or sister
* teacher
* pet
* friend

Places

Safe places help you feel calm and secure.

* home
* school
* park
* friend’s house
* grandparent’s house
* church or temple

Activities

Safe activities let you express yourself and help you feel good.

* after-school club
* sports
* reading
* music
* computer, tablet, or phone
* playing

Draw your favorite safe spaces.