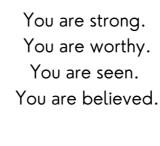


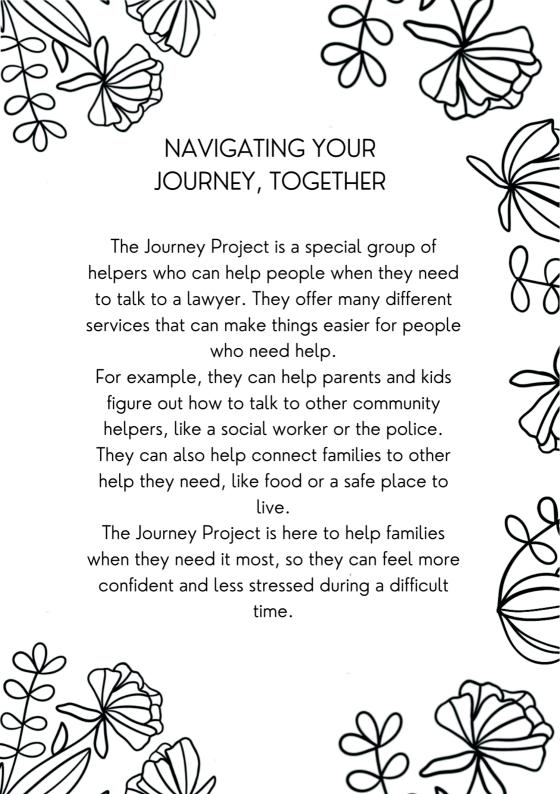
If someone makes you feel scared or uncomfortable by touching you or hitting you, it's important to tell a grown-up you trust, like a parent, a teacher, a coach, or a friend's parent. Remember, speak up and ask for help. Grown-ups shouldn't ask kids to keep secrets.

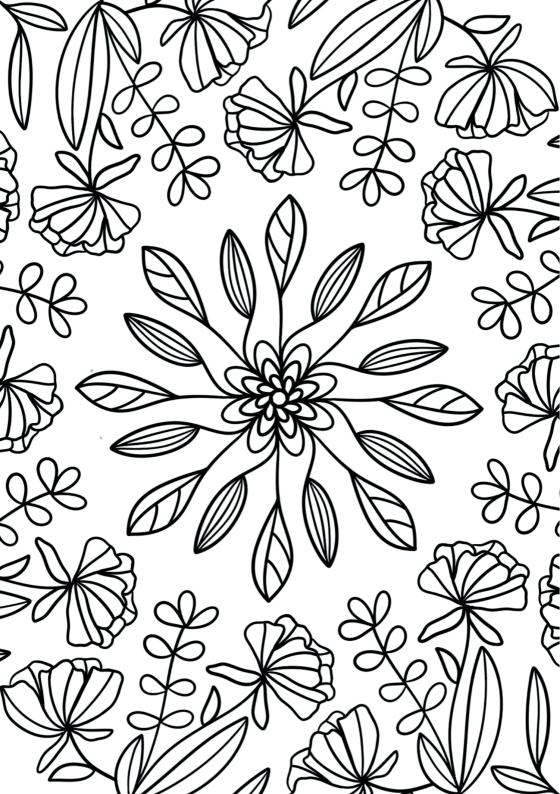
The people at The Journey Project are a group of helpers in your community who want to help

keep you safe and feeling cared for.

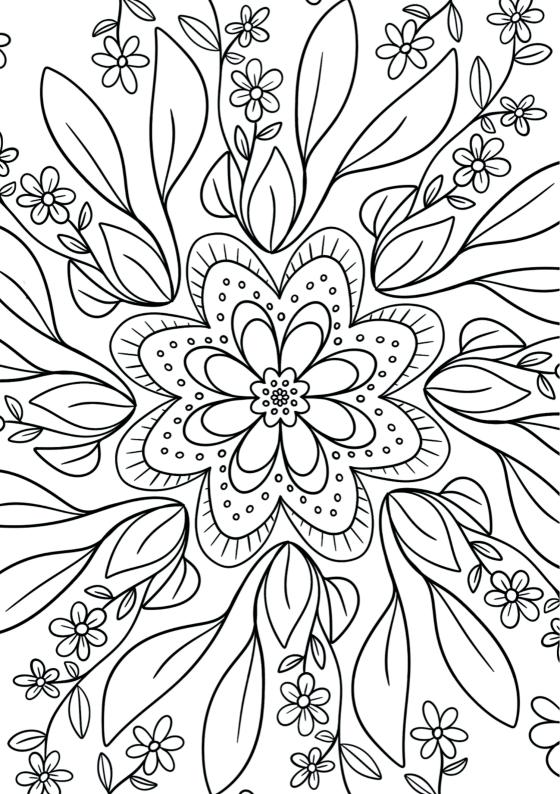
















YOU ARE UNIQUE

Everybody is different and everyone has different things that make them feel safe and happy.

Some people might feel better by talking to a trusted grown-up, while others might feel better colouring or playing.

It's important to find what works best for you, because everyone is different and we all have different needs and feelings that require different ways to help us feel better.





COPING STRATEGIES

Listening to Music
Listening to music can make us feel good
by releasing happy chemicals in our
brains. When we hear slow music, it can
help our bodies slow down, which makes
us feel calm and peaceful inside.

Breathing Slowly

When we practice breathing slowly and deeply it tells our body that we are safe.

We can pretend to smell the flowers and blow out the candles as we practice breathing slowly.

Sensory Play / Art

Art and play that uses our hands (like play-Doh or fidgets) can help calm our bodies because it lets us express our feelings in a safe and fun way, and it helps our brains focus on something creative instead of worrying about other things.





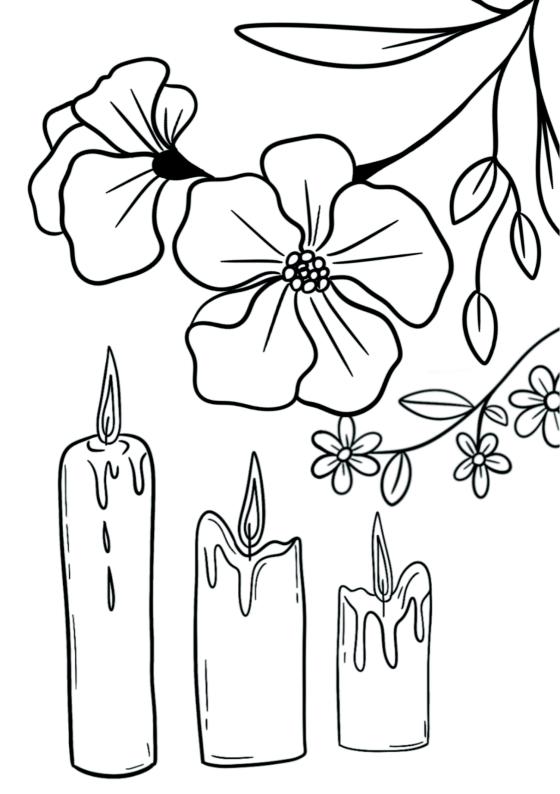
Take a deep breath in through your nose.

Now let's pretend we're blowing out a candle!

Breathe out slowly through your mouth.

Let's do it again, smelling the flower and blowing out the candle.





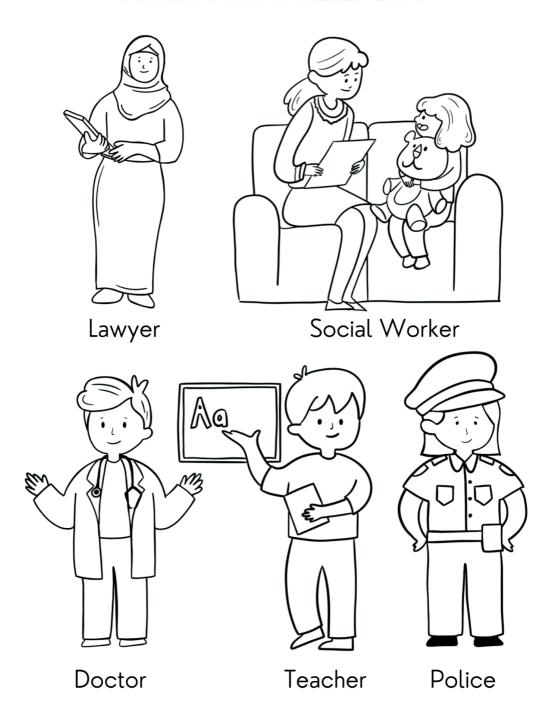


It is important for adults to take care of kids. It is important for all of us to keep our community safe. It is not your job to take care of grown-ups.

There are kind and safe people in our community who can help us and our families when we need it.

If something difficult happens, remember it is not your fault. You are not alone and there are people who care about you and want to help. It's important for all of us to support each other and work together to make our community a better place.

COMMUNITY HELPERS







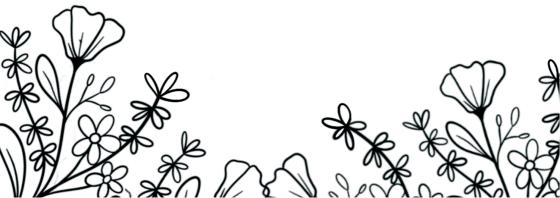


We hope this little book has given you good ideas about who to reach out to if you have been hurt.

The people at The Journey
Project are here to offer legal
support.

Keep going, keep growing, keep shining.

You are not alone.



If you h	ad bee	n hurt, w List then	d you ta	lk to?
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_				<u> </u>

You could also reach out to the Kids Help Phone by calling 1-800-668-6868 or texting 686868 kidshelpphone.ca

If you have experienced sexual abuse or dating violence and need legal support, reach out to The Journey Project by:

Calling: 1-833-722-2805

Texting: 1-709-986-2801 Emailing: support@journeyprojectnl.com

www.journeyproject.ca



