

Who would you feel comfortable being vulnerable with and looking to for help?

What resources in your community are you aware of?

List all of the words that describe you?

[1-800-799-SAFE](tel:1800799SAFE)

[Text START to 88788](text:START to 88788)

thehotline.org



Who will you choose for your team? Brainstorm names here:

CONTINUED ON PAGE 2

What are the great things about you? Are you:

Strong Kind Loving Fearless
Funny Friendly Capable A great listener

Add your strengths here:

References:

1. Gershoff, Elizabeth, and Robert Larzelere. "Is Corporal Punishment an Effective Means of Discipline?" Apa.Org, American Psychological Association, 2002, www.apa.org/news/press/releases/2002/06/spanking. Accessed 06 Jan. 2025.
2. "Child Sexual Abuse Facts & Resources." Children's Assessment Center, cachouston.org/prevention/child-sexual-abuse-facts/#:~:text=Children%20who%20live%20with%20two,live%20with%20both%20biological%20parents. Accessed 06 Jan. 2025.
3. "Signs & Symptoms." Child Abuse, Stanford School of Medicine, childabuse.stanford.edu/screening/signs.html. Accessed 06 Jan. 2025.
4. "National Statistics on Child Abuse." National Children's Alliance, 10 Oct. 2024, www.nationalchildrensalliance.org/media-room/national-statistics-on-child-abuse/. Accessed 06 Jan. 2025.
5. Vehling, Sarah. "Why Strangulation in Domestic Violence Is a Huge Red Flag." Naplesshelter.Org, The Shelter for Abused Women and Children, Oct. 2019, naplesshelter.org/strangulation/. Accessed 06 Jan. 2025.
6. Rosenberg, M. "Rosenberg Self-Esteem Scale." Apa PsycNet, 1965, doi.org/10.1037/t01038-000. Accessed 22 Jan. 2025.