



"a safeguard against possible hardship or adversity"

**Who:** are safe people who can help me in time of triggering event?

: are unsafe people who may bring about a trigger or unsafe situation?

**What:** Identify risks/triggers/warning signs of danger (either from self or others)

**When:** am I most likely to feel safe? (day time)

: am I most likely to feel unsafe or have trigger memory? (bedtime?)

**Where:** am I most likely to feel safe? (School, Basketball practice)

: am I most likely to feel unsafe or have trigger memory? (Caregiver's home)