



WHEN LIFE GETS TOUGH, SEEK OUT YOUR SAFE PEOPLE AND SPACES.

WHETHER YOU NEED TO YELL, CRY, OR HIDE,
DOING IT WITH YOUR SAFE PEOPLE AND
SPACES IS BEST. BUT WHAT'S "SAFE"?

Only you can decide if a person or place makes you feel safe. Here are some tips: A safe person or space won't make you feel ashamed or criticize you. They won't try to "fix" you or pressure you to share details about your tough experiences (unless you want to). They also won't push you to feel a certain way. Instead, they help you feel less stressed, less worried, more calm, and more safe.

WHO CAN YOU TRUST WITH YOUR EMOTIONS?

THIS PERSON WON'T
MAKE YOU FEEL BAD FOR
HOW YOU FEEL CALL
THEM MORE.

WHO MAKES YOU LAUGH?

HANG OUT WITH
THEM MORE

WHAT SONG HELPS YOU FEEL YOUR EMOTIONS?

LISTEN AND SING TO
IT MORE

WHERE DO YOU FEEL CALM?

A CREEK, A LIBRARY,
A BATH TUB, A FIELD
OF GRASS? SPEND
MORE TIME THERE.

WHAT RITUALS BRING YOU PEACE?

PRAYING, CEREMONY,
MEDITATION,
CONNECTING WITH THE
LAND? PRACTICE
IT MORE

WHAT COMMUNITY SPACES HELP YOU CALM DOWN?

IS THERE A YOUTH HUB,
CULTURAL CENTRE, OR
COUNSELLOR IN YOUR
COMMUNITY YOU
TRUST?

