

SAFE TO TALK



When they feel safe,
they know they can
tell the truth.



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Richmond & Petersburg

EveryDayStrongVA.org

SAFE TO BE YOU



When a child feels safe to be different, they can thrive.



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SAFE TO FEEL



You can make it safe to feel every emotion.



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SAFE TO EXPLORE

Make sure they know that their choices won't change your love for them.



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SAFE TO FAIL



Show them it's
ok to make
mistakes and
try again.



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SAFE TO SEPARATE



Emphasize that they're in your thoughts when they're away.



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When
a child
tells you
something
scary, you
don't need
to give
advice. You
can just
say, "Thank
you for
telling me."

**I'M HERE FOR
YOU NO MATTER
WHAT."**



Help kids
feel safe
to be
themselves by
recognizing
their
unique
traits as
strengths.

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Think of
someone
who you
feel at
ease with,
and what
they do to
make you
feel safe to
talk and be
yourself.

**CAN YOU DO
THAT FOR A
CHILD?** 

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All human
beings have
needs.
Consider
how far
someone
can go when
their basic
emotional
needs are
met.

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