



## Do...

Help me feel valued.

Treat me with dignity.

Respect me.

Care for me.

Help guide me.

Listen to me.

Believe in me.

Support me.



KEEP

ME

SAFE

## Don'ts...

*These make me fade into the background.*

Don't abuse the power that comes when I trust you.

Don't harm me in any way.

Don't make me feel I'm useless.

Don't hurt me physically.

Don't abuse me sexually.



## How We Can Work Together...

We need to value each other as equals and never belittle or demean anyone.

If you make us feel safe we will feel comfortable to trust in you and tell you when we are not ok.

We understand trust is a two-way street.

We will respect that sometimes you do know best but at times we may be vulnerable and ask you not to take advantage of us.

