

## HANDOUT SAFETY CHECKLIST FOR CHILDREN

Ask the child these questions when you think you will receive the most honest answer:

- Do you feel safe right now? (This moment)
- What makes you feel safe? (Certain people, objects, etc.)
- What do you keep with you that makes you feel safe or loved? (Teddy bear, pillow, blanket, etc.)
- What makes you nervous? (Loud noises, school work, pressure)
- How can I help you feel safe?
- What frightens you?
- What is your favorite thing to do?
- When do you feel frightened?
- Is there anyone working here who makes you feel safe?
- What do you do when you feel scared?
- Is there anyone here who frightens you?
- Do you notice any changes within your body when you become frightened? (Heart rate, upset stomach, headache, etc.)
- How would your life be different if you felt really safe?
- What causes you to become angry? (Or sad, happy, depressed, etc.)
- What do you think will happen to you when you become frightened?
- What do you think about most of the time?
- Is there anyone who you fear will hurt you right now?
- Does anyone here remind you of someone who hurt you before?
- What do you do when you become disappointed?

- Do you ever tell yourself that you're a bad person?
- What do you say to yourself about who you are when you are sad or disappointed? (This is an important question that bears repeating)
- Would you like to say something different about yourself when you become sad or disappointed?