

WHAT YOU SHOULD KNOW

ME 2U

ABOUT FIGHTING AND HURTING AT HOME



YOU ARE NOT ALONE

There are other children feeling this way and going through something the same

KEEPING SAFE



Go into a different room, have a safe space where you won't be disturbed



Get some Ear Buds Or Head Phones
So you don't have to listen

Talk to a family member, a friend or an adult that you trust



It Will Get Better
once you talk about it and get the help you need



It's never your fault
DON'T BLAME YOURSELF
No such thing as saying the wrong thing



Write Down How You Feel AND THEN RIP IT UP So Nobody Can Read It

If it is safe... **KEEP TALKING UNTIL SOMEONE DOES SOMETHING BE HEARD**
ask questions TEN times if you have to

STAY CALM + NEVER GIVE UP

LOVE YOURSELF
= For Who YOU Are =

Do What You Think is Right. **Trust your Gut**

BELIEVE in yourself!