

(Avery #5160)

HAPPY

LOVED

SAFE

FREE

RELAXED

RESPECTED

CARED ABOUT

SAD

SUPPORTED

HURT ON
PURPOSE

CONTROLLED

WORRIED

STRESSED

ANGRY

UPSET

AFRAID

HAPPY

LOVED

SAFE

FREE

RELAXED

RESPECTED

CARED ABOUT

SAD

SUPPORTED

HURT ON
PURPOSE

CONTROLLED

(Avery #5160)

To speak up for myself

To speak up for myself

To speak up for myself

To relax and have fun in a
relationship

To relax and have fun in a
relationship

To relax and have fun in a
relationship

To say no to things I do not
want

To say no to things I do not
want

To say no to things I do not
want

To be safe

To be safe

To be safe

To choose who I want to be
with

To choose who I want to be
with

To choose who I want to be
with

To be treated with respect

To be treated with respect

To be treated with respect

To say "Do not rush me"

To say "Do not rush me"

To say "Do not rush me"

To take as much time as I need

To take as much time as I need

To take as much time as I need

To get help if I need it

To get help if I need it

To get help if I need it

(Avery #5160)

Try hard

Choose who I want to be with

Say no to things I do not want

Make my own decisions

Speak up for myself

Get help if I need it

Hope my problems will go
away

Be hurt by someone on
purpose

Have no choice in who I spend
time with

Go along with what others
want from me

Let others decide for me

Give up easily

Instructor Masters

*Physical and Emotional Reactions: Activity
Sheet 16*

(Avery #5160)

Heavy, or fast, breathing or
shortness of breath

Heart pounding

Hot flashes or sweating

Trembling in legs and arms

Upset stomach

Experience like being frozen

Panic

Fear

Confusion

Worry

Anger

Sadness

(Avery #5160)

No distress

Some distress

A lot of distress

No distress

Some distress

A lot of distress

No distress

Some distress

A lot of distress

No distress

Some distress

A lot of distress

No distress

Some distress

A lot of distress

No distress

Some distress

A lot of distress

No distress

Some distress

A lot of distress

No distress

Some distress

A lot of distress

No distress

Some distress

A lot of distress

(Avery #5160)

Take a deep breath to calm
down

Speak up for yourself

Get help right away

Talk to a trusted friend or
family member

Do something to stop the
abuse

Focus on what you can do to
change things

Don't panic

See a counselor

Start a fight

Bang head on wall

Just cry

Hide

Start smoking

Drink or take drugs to feel
better

Yell at someone

Throw things around

(Avery #5160)

BE SAFE

BE SAFE

BE SAFE

ACT ON TIME

ACT ON TIME

ACT ON TIME

SPEAK UP FOR MYSELF

SPEAK UP FOR MYSELF

SPEAK UP FOR MYSELF

TAKE CHARGE

TAKE CHARGE

TAKE CHARGE

MAKE MY OWN DECISION

MAKE MY OWN DECISION

MAKE MY OWN DECISION

(Avery #5160)

REPORT ABUSE

REPORT ABUSE

REPORT ABUSE

REPORT ABUSE

REPORT ABUSE

REPORT ABUSE

REPORT ABUSE

REPORT ABUSE

REPORT ABUSE

REPORT ABUSE

REPORT ABUSE

REPORT ABUSE

REPORT ABUSE

REPORT ABUSE

REPORT ABUSE

REPORT ABUSE

REPORT ABUSE

REPORT ABUSE

REPORT ABUSE

REPORT ABUSE

REPORT ABUSE

REPORT ABUSE

REPORT ABUSE

REPORT ABUSE

REPORT ABUSE

REPORT ABUSE

REPORT ABUSE

Call the police

Call the police

Call the police

Talk to a family member

Talk to a family member

Talk to a family member

Tell a counselor or doctor

Tell a counselor or doctor

Tell a counselor or doctor

Go to an agency or hospital in
my community

Go to an agency or hospital in
my community

Go to an agency or hospital in
my community

Talk to a friend I can trust

Talk to a friend I can trust

Talk to a friend I can trust