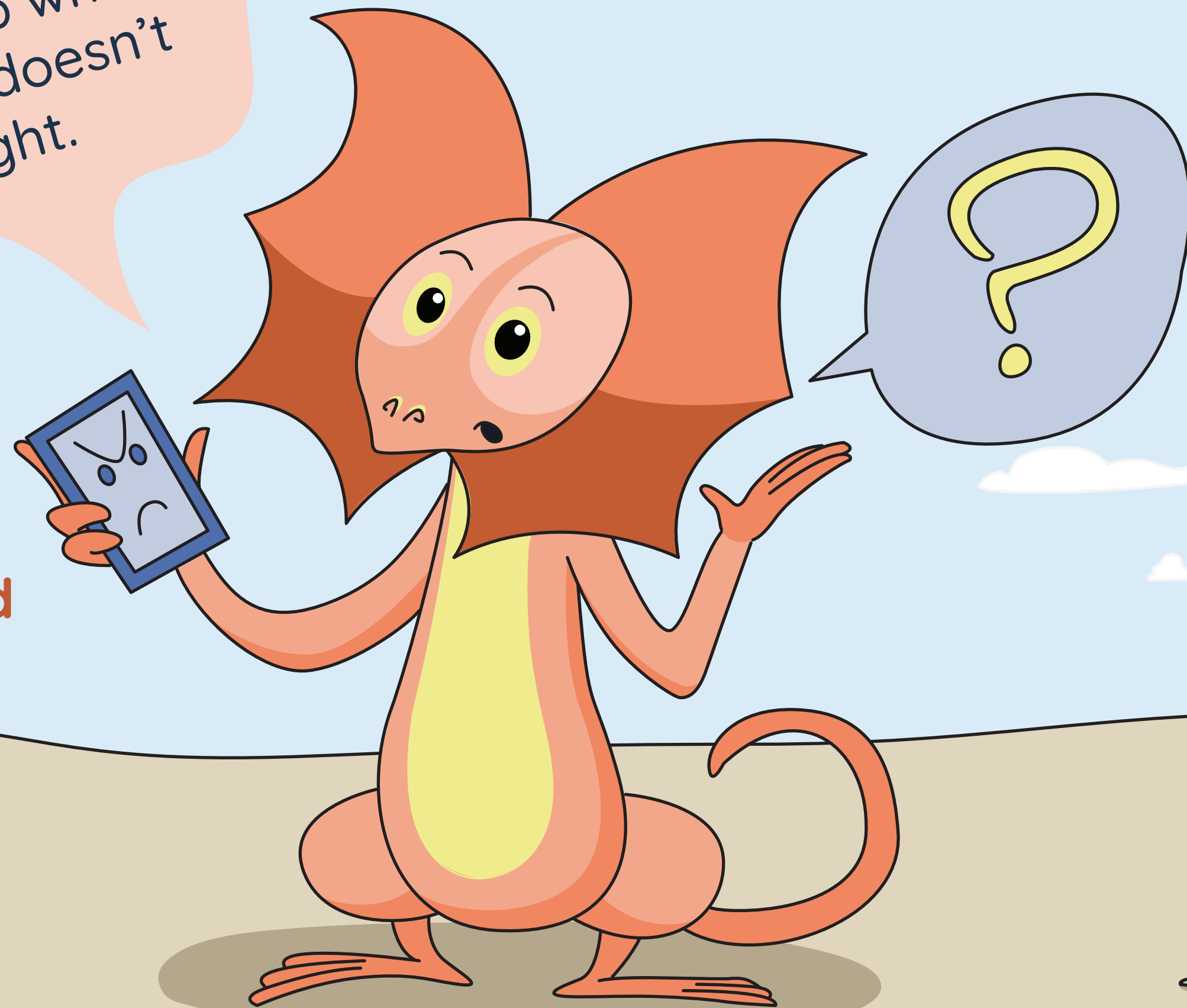


I trust my feelings –
I ask for help when
something doesn't
feel right.

Dusty the frilled
neck lizard



Remember to:

Listen to
your body clues.

Close the screen if
something doesn't
feel right.

Ask a trusted
adult for help.