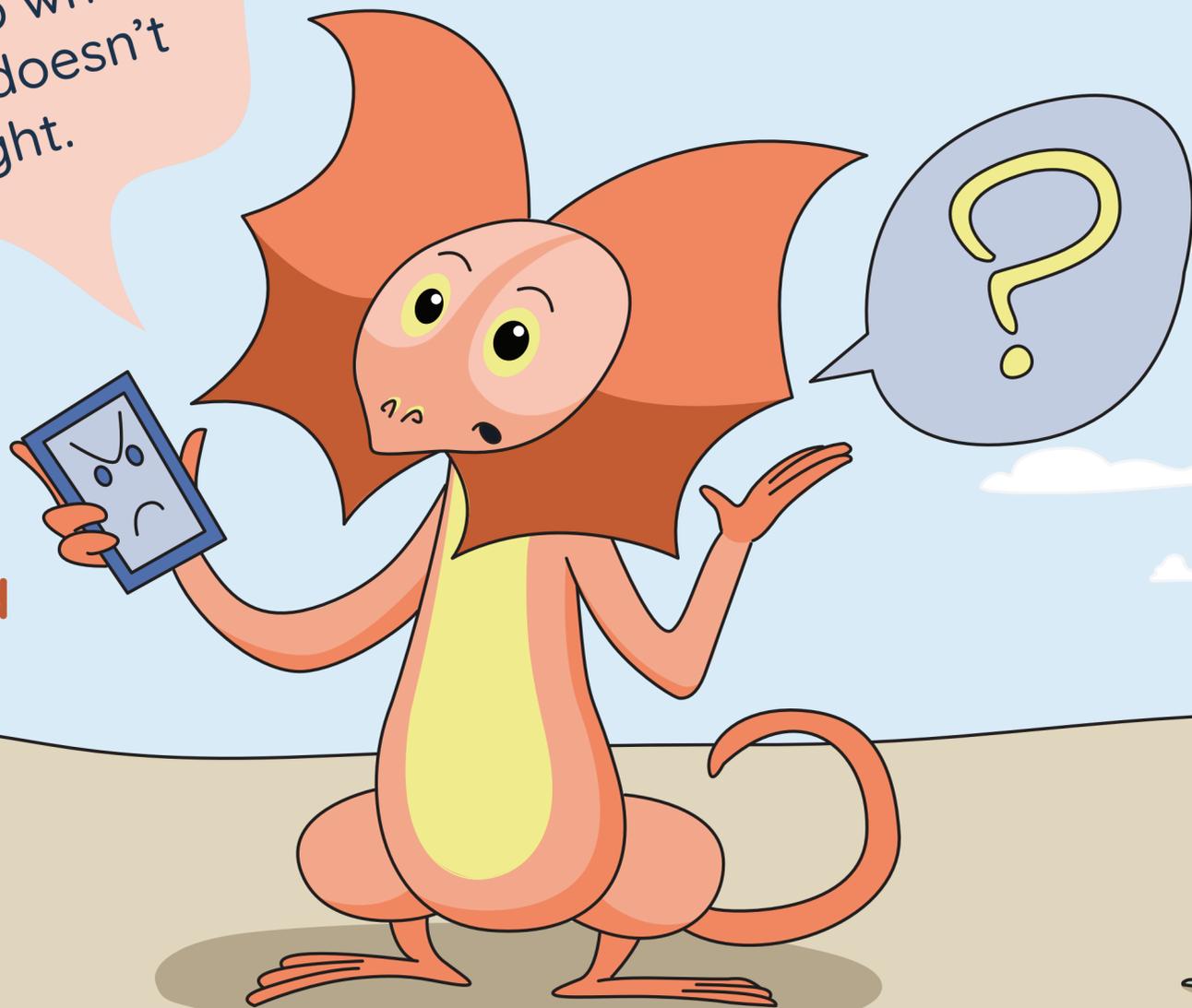


I trust my feelings –  
I ask for help when  
something doesn't  
feel right.

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.