



# What helps me **feel safe at school?**

## Autonomy

### Having choices and knowing my voice matters:

- Offer meaningful choices in activities and supports.
- Teach and encourage self-advocacy.
- Provide flexible, personalised ways to ask for help.
- Respect differences and ensure everyone has a voice.



*"When we feel safe, we can  
**express ourselves."***





Scan QR code for more  
#Safe2BeMe Toolkit resources  
designed to ensure all students  
feel safe and supported at school.



Autism Queensland is here to help—  
get in touch to learn more:

 Email: [css@autismqld.com.au](mailto:css@autismqld.com.au)

 Phone: (07) 3273 0000

 Website: [autismqld.com.au](http://autismqld.com.au)

This project has been funded by



QUEENSLAND  
**Family & Child  
Commission**