



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

Predictability

Knowing what to expect, with consistent supports:

- Be consistent (expectations, routines, boundaries, responses, supports etc.)
- Use visual tools to show me what to expect at school (schedules, maps, task sequences etc.)
- Give advance notice of changes and transitions.



*"When I know what will change and what will stay the same, it's not so overwhelming.
It gives me a sense of security."*




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:

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