



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

Access to supports

Trusted people, tools, and places available when needed:

- Get to know me, listen to me, believe me.
- Learn what helps me and make those supports consistently available.
- Create safe, quiet break places and show me how to access them.
- Teach and remind me how to access the supports that work for me.



*“If I can take a break and **talk to someone I trust**, I can come back and keep going with my day.”*




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

 Phone: (07) 3273 0000

 Website: autismqld.com.au

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