



Create Your Family Safe Signal

(((♥)))
A simple tool
that can change
how our kids
open up to us.

When our child is afraid to tell us something, having a special item they can bring to us helps us prepare ourselves with patience and understanding because we know this item is their **"Safe Signal"**.

**It becomes a bridge to honesty that says:
"I'm ready to talk, but this is hard for me."**

They can find some comfort knowing there is no judgement with us. We are here to listen and support them always.

They learn they can
TRUST US with anything.

HOW DOES THIS LOOK?

Parents & kids: Agree on an item to be the safe signal. It should be something you can write a phrase on with a permanent marker, such as:

"IF YOU'RE SCARED, BRING THIS ITEM TO ME AS A REMINDER I'M HERE TO HELP AND SUPPORT YOU."

Keep this item in a common area where it is available to the whole family at any time and encourage the kids to try it out.



FAMILY CODE WORDS

A private way for our kids to ask for help when they can't say it out loud.

1

WHEN I FEEL UNCOMFORTABLE

I'll use this when something feels off, but it is not an emergency.

Example: "I think I left the door unlocked."

It means: Please check in with me.

2

WHEN I NEED TO BE PICKED UP

I'll use this when I want to leave but can't say that out loud.

Example: "Is Aunt Sarah coming over tonight?"

It means: Please come get me.

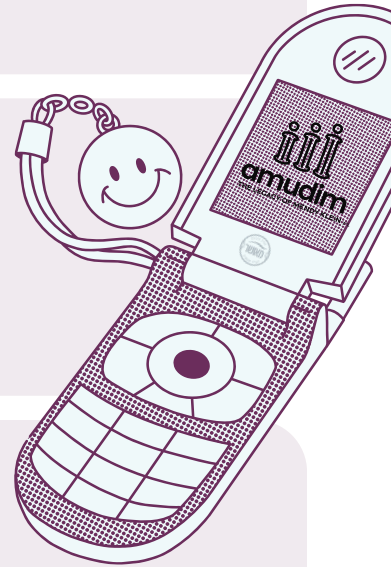
3

WHEN I NEED HELP NOW

I'll use this when I need you to act quickly.

Example: Send a specific emoji (👉)

It means: Please pick me up NOW!



OUR FAMILY CODE:

Parent Promise: If you use this code, I will stay calm, help first, and ask questions later.

Our "I feel uncomfortable" phrase: _____

Our "Pick me up" phrase: _____

Our "Help now" signal: _____
