

BUZ FSFR AND CASEL

**feel safe
feel right
Program**



1. Self Awareness	2. Social Awareness	3. Self Management	4. Responsible decision making	5. Relationship Skills
Become more aware of what they think or feel is 'not safe' in order to help them create a safe environment	Create a self environment for themselves	Understand and trust their feelings and act on those feelings Know "that nothing is so terrible that you can't tell someone" and one thing worries don't like is being talked about, it makes them go away	Be empowered with options when they feel unsafe or not right, to keep themselves safe	Know who to trust, how to get help when they need it and when to tell someone that something is not safe or right

