What should I do when I am hurt?

At home

If I hurt myself, I should tell....

| my adult | my adult | my sibling | my family | babysitter |

In class

If I hurt myself, I should tell....

| my teacher | or | an adult in class |

In school yard

If I hurt myself, I should tell....

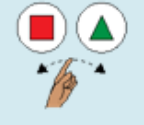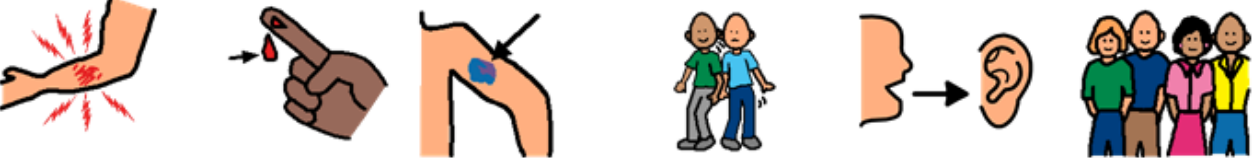| school staff | or | outdoor staff |

In public

If I hurt myself, I should tell....

| my adult | or | staff |

Being hurt might mean I am bleeding or bruised or I have banged part of my body. It is important to tell an adult when this happens. They will help to keep me safe.