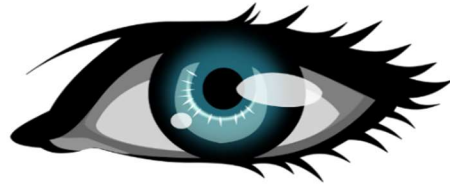# HOW TO ASK FOR HELP

When you feel unsafe or unsure if something or someone is unsafe.

LOOK AT THE PERSON

SAY TO THE PERSON "I NEED HELP. I DO NOT FEEL SAFE."

TELL THE PERSON WHY YOU DO NOT FEEL SAFE

TELL THE PERSON "THANK YOU"