
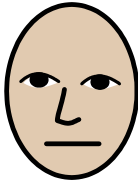

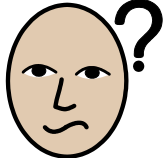
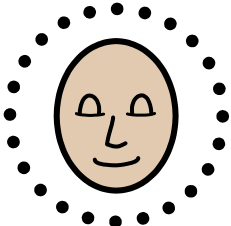
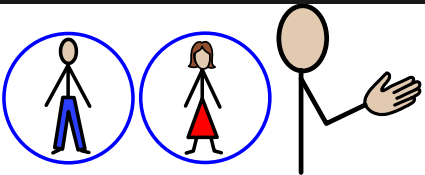
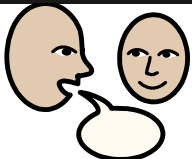


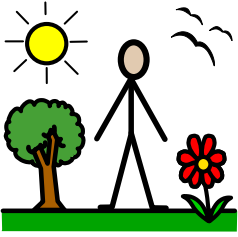
HeadStart Kent - Resilience Self-Reflection

Feeling Secure

(How secure you feel in yourself, in physical places, and with those around you).

 Name: _____


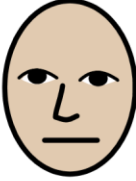






	 Usually	 Sometimes	 Rarely	 Not Sure
 I have someone I trust				
 I get on with my parent / carer				
 I have someone outside of my family to talk with				



I feel safe outside of my home

HeadStart Kent - Resilience Self-Reflection

Feeling Secure

	 Usually	 Sometimes	 Rarely	 Not Sure
 I feel safe inside my home				
 I use the internet safely				
 I feel that I can keep myself safe				
 I think people around me feel safe				