

PERSONAL SAFETY.

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**Safe
Kids**

The logo features the words "Safe" and "Kids" stacked vertically. "Safe" is in orange and "Kids" is in blue. The text is centered within a red-outlined triangle.

SAFETY TIPS

- ✓ KNOW YOUR NAME, NUMBER AND ADDRESS.
- ✓ DO NOT EAT ANYTHING GIVEN BY A STRANGER.
- ✓ NEVER GO ANYWHERE WITH A STRANGER.
- ✓ DON'T CLIMB A FENCE OR A HUGE WALL.
- ✓ DON'T WALK ALONE ON A BUSY ROAD.

CONTD...

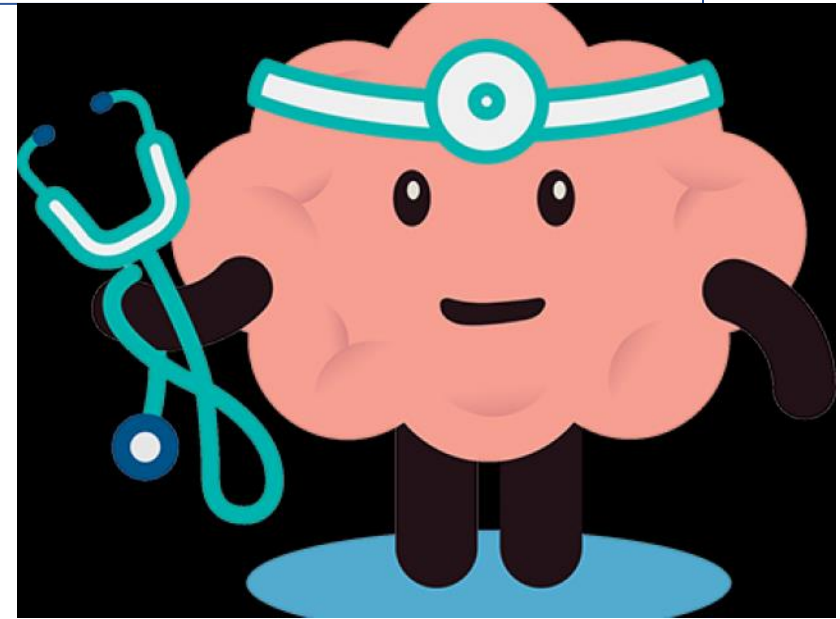
- ✓ DON'T CROSS THE ROAD WITHOUT ANYONE ELDER THAN YOU.
- ✓ DON'T USE OR GO NEAR GAS AND EXPLOSIVES.
- ✓ NO ONE IS ALLOWED TO TOUCH YOUR BODY EXPECT THE KNOWN ONES.
- ✓ IF YOU GET LOST- STAY WHERE YOU ARE- TAKE HELP FROM SOMEBODY.
- ✓ DON'T SHARE YOUR PHONE NUMBER OR ADDRESS TO ANYONE EXPECT THE KNOWN ONES.
- ✓ IF YOU FEEL UNCOMFORTABLE- SAY NO !



SAFETY
TIPS

MENTAL HEALTH SAFETY TIPS.

- SLEEP WELL.
- EAT WELL.
- BREATHE WELL.
- EXERCISE AND MEDIATE.
- TALK TO PEOPLE.
- SHARE YOUR FEELINGS AND EMOTIONS.
- MANAGE STRESS.
- MANAGE ANXIETY.
- MANAGE MOODS.
- ASK FOR HELP.



THANK YOU



COUNSELLING SERVICES

Child | Adult
Parental | Marital
Family | Career

TESTING SERVICES

IQ | Aptitude
Interest | Personality

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