



# WHAT'S AN INSTINCT?

**FAST HEART BEAT**

**TIGHT CHEST**

**WEAK KNEES**

**CAN'T MOVE**

**STOMACH ACHE**

**HOT/SWEATY**

**CHILLS UP THE SPINE**

IMAGINE something **HAPPY** and how your body feels great. Then imagine being **NERVOUS, SCARED, SAD** and how it feels like butterflies in your stomach.

**SOMETIMES OUR BODY SENSES SOMEONE OR SOMETHING DOES NOT FEEL SAFE, even if we can't put it into words - we get a feeling that our body wants us to be cautious and extra alert.**

**OUR BODY MAY TRY TO 'CALL' OUR ATTENTION BY SENDING CERTAIN SIGNALS. YOUR INTUITION IS LIKE YOUR 'INNER MICROPHONE'**  
Because our body wants to protect us, it's always a good idea to listen.

## THE FREEZE RESPONSE

Getting away from a potentially unsafe situation and talking to someone in your Trusted Adult Circle is a good idea, but sometimes that isn't possible. Our body may even 'freeze' because it feels overwhelmed and confused and doesn't know if running or fighting may put us in more danger.

## NO MATTER WHAT HAPPENS, IT'S IMPORTANT TO KNOW YOU'RE NOT TO BLAME

If a body safety rule is broken or anything inappropriate happens, find a trusted adult who will help you, as soon as you feel able to talk about it. If you're ever too scared, nervous, or feel like it's hard to tell, remember - there are always people who want to help you. Telling is always brave and right.

CALL FOR INFORMATION, ADVICE OR IF YOU JUST WANT TO TALK

**Prevent**ed  
ABUSE PREVENTION EDUCATION

IF YOU SUSPECT ABUSE CALL NSPCC HELPLINE

**0800 800 5000**

IF YOU'RE A CHILD & WANT HELP CALL CHILDLINE

**0800 1111**

**NNECA**  
NATIONAL NETWORK TO END CHILD ABUSE  
[WWW.NNECA.ORG.UK](http://WWW.NNECA.ORG.UK)  
[WWW.CHILDABUSEHELP.ORG.UK](http://WWW.CHILDABUSEHELP.ORG.UK)

