What’s an INSTINCT?

Sometimes, our body can sense something or someone might not be 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. Because our body wants to protect us, it’s always a good idea to listen.

**OUR BODILY INSTINCT MAY FEEL LIKE...**

- Fast heart beat
- Tight chest
- Stomach ache
- Chills up the spine
- Can’t move
- Weak knees
- Hot/sweaty

**THE FREEZE RESPONSE**

Getting away from a potentially unsafe situation and talking to someone in your Body Safety 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 an 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.