

Teaching ideas

- **A sensory box that has different textured items.**
These can be used to discuss the safety or *niceness* of the items and link them to feelings within the body.
- **A safety scale or continuum.**
This can be used while discussing different scenarios and to explore what might be safe or unsafe risks.
- **Board games or prompts.**
Customised to prompt discussion around safety and feelings, e.g. Jenga.
- **Mindfulness and meditation activities.**

! Not all of these will be suitable for all people. People learn in many different ways.

! We all have the right to feel safe at all times.

Things to consider when safely exploring early warning signs

- ✓ For many reasons, someone may not feel safe when trying to explore or feel their early warning signs.
- ✓ It is OK if an individual is aware of what they **may** experience, without knowing what other people actually experience themselves.
- ✓ It is important not to force someone to explore things they do not feel safe exploring.

Additional resources

- SECCA library
- SECCA workshops
- www.secca.org.au
- www.secca.tribalhabits.com

SECCA

SECCA is a NDIS registered service provider that supports people that live with a disability and their families and carers to provide education and counselling about sexual health, relationships and sexual expression.

SECCA develops free resources that support sexuality and relationship education. Available on the website.

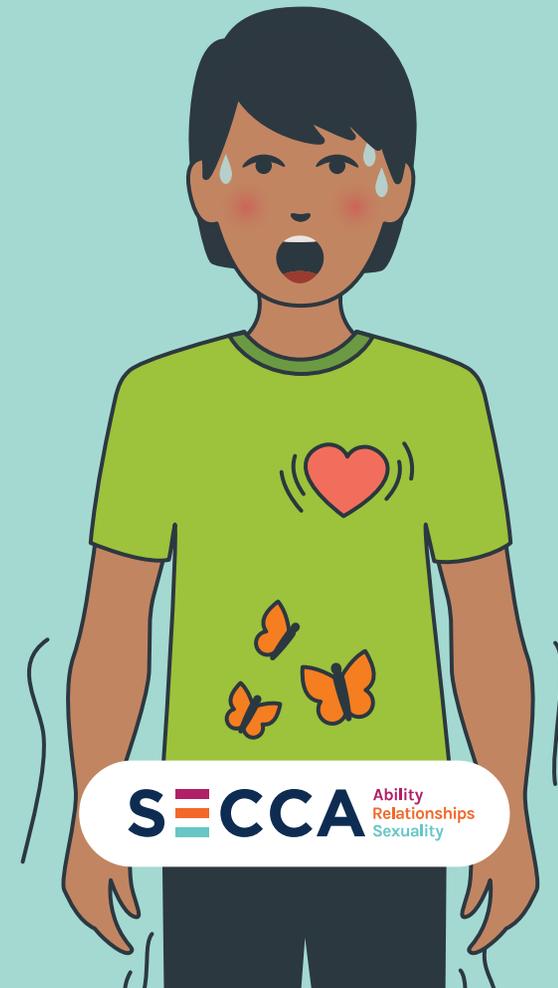
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Early Warning Signs

A guide to talking about early warning signs.



SECCA Ability Relationships Sexuality

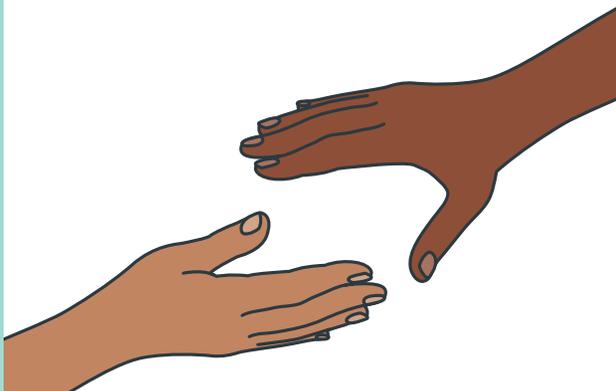
Preparing to explore early warning signs

Exploring early warning signs can be hard.

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Before you start, consider:

- ✓ **Discussing and agreeing** about what to do if someone feels unsafe while exploring these themes.
- ✓ What can help someone relax after exploring these topics.
- ✓ How the person would like to be supported and checked-in with during the conversation.
- ✓ Whether the person has a **trusted person** or people to talk to about these themes if they need to.



What early warning signs feel like

We experience early warning signs in different ways.

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Early warning signs for someone might feel like:

- their stomach has dropped
- their stomach has butterflies
- their legs are wobbly
- their palms are sweaty
- their thoughts are racing
- their mind has gone blank
- they have goosebumps
- they want to run away.



When they feel it

Sometimes people feel their early warning signs all the time and sometimes they do not feel them at all.

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What if someone feels their early warning signs all the time?

Try asking them if they notice their early warning signs increase or decrease in certain situations.

What if someone says they do not feel their early warning signs?

That is OK. It is still important to teach in case they do feel or notice them in the future.

They may not view early warning signs as a way to gauge safety, and that is OK too.

! Do not force someone to explore things they do not feel safe exploring.