



STEPS TO SAFETY

TFA - Think, Feel, Act

A **Guiding Voice** is the little voice inside each person that helps us decide if something is safe or unsafe. **Think, Feel, Act (TFA)** is the process we use to help us **Think** about a situation we face, decide how we **Feel** about that situation, and determine how we will **Act** in that situation to make sure that we are safe. Your child should be encouraged to always tell you about any situation makes them feel unsafe, not quite right, icky, or confused.

How to Use Think, Feel, Act with Your Child

Step 1

Help your child understand each step of **TFA** and why it is important for them to **Act** by telling a trusted adult about any situation that makes them **Feel** confused, threatened, icky, or unsafe.

Step 2

Play the TFA “what if?” game with your child by reading the following situations to them and asking them what they **Think** about that situation, how the situation makes them **Feel**, and how they would **Act** to stay safe.

Situation 1 - You are trying to cross the monkey bars, but your classmate keeps pulling on your legs and making you fall. You asked him to stop, but now he is doing it to your friend. What does your **Guiding Voice** tell you?

For example:

Think: I think this is not safe, and I don't like it.

Feel: I feel scared, mad, frustrated.

Act: I should go find my teacher and tell her what is happening.

Situation 2 - You are at the mall with your friend, and her mom says that the two of you can look around in the store across the way without her. However, she says that you cannot tell your parents that she let you be in the store on your own. What does your Guiding Voice tell you?

Think:

Feel:

Act:

Situation 3 - After your baseball game, your coach pulls you aside and gives only you a piece of candy. He says he's giving you candy because he is proud of how you played, but he said not to tell anyone - not even your parents. What does your Guiding Voice tell you?

Think:

Feel:

Act:

Step 3

Ask your child what they **Think** and how they **Feel** about situations that may arise, whether at the grocery store, home, or during extracurricular activities. Ask your child how they, and how you, should **Act** based upon the thinking and feeling answers.

Step 4

Whenever your child asks, “Mom, Dad, what about...?” ask them what they Think and how the situation makes them Feel first, before you give an answer. Allowing your child to tell you how they would Act gives you insight into how they are processing situations and making safe decisions. Also, ask if their Guiding Voice has told them anything lately and ask if they have listened to it.