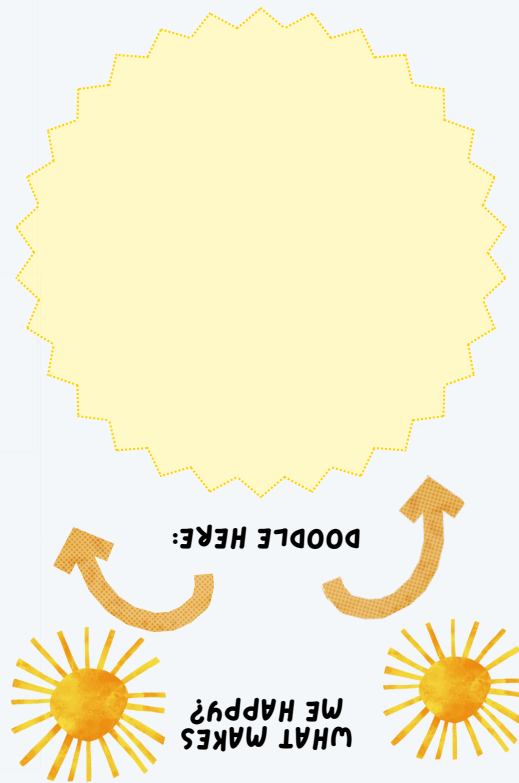


3 WAYS I CAN CALM MY BODY  
AND MIND DOWN:

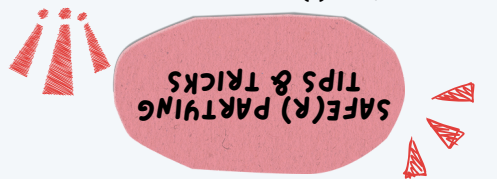
2-3 SIGNS IT'S TIME TO LEAVE  
THE SITUATION:

2-3 PEOPLE I CAN CALL  
FOR HELP:

MY SAFETY PLAN



- Go with friend(s) that you trust
- Prep for a way home - Uber, taxi, a trusted friend, a parent or sibling
- Start low and go slow and avoid mixing substances
- Let a trusted friend or family member know where you're going
- Charge your phone/bring a charger out
- Eat food and drink water before going out



WHEN I GET OVERWHELMED:  
IN EACH <3, WRITE SOMETHING YOU DO FOR  
SELF CARE

# some resources

CHECK OUT THE WEBSITES OF  
THESE ORGANIZATIONS FOR MORE  
INFORMATION AND RESOURCES:

- ★ GAY MEN'S SEXUAL HEALTH ALLIANCE
- ★ IN DIRECTORY
- ★ YOUTHLINE
- ★ RAINBOW SERVICES @ CAMH

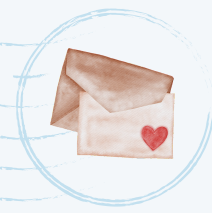


## WILL, WON'T, WANT

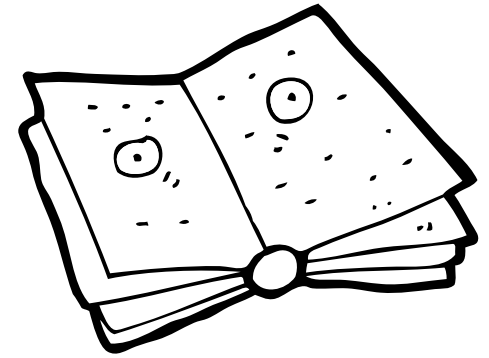
WANT: THE THINGS I AM EXCITED TO DO

WON'T: THE THINGS I WILL NOT DO, MY  
HARD BOUNDARIES

WILL: THE THINGS I AM WILLING TO  
EXPLORE



## FOLDING INSTRUCTIONS



1. Fold on ALL lines. Be sure to make a good crease by using your finger to press the seam firmly.
2. Fold in half, placing the Short Ends A and B together and cut on the dotted line segment only.
3. Now fold in half the long way, placing Long Sides A and B together, so that you can see a diamond shape where the cut was just made.
4. Fold and flatten the book pressing the cover to the correct side.
5. Create your pages and content according to the instructions in each segment.

LONG SIDE A

Page 3

Page 4

Page 5

Page 6

DO NOT PRINT - FOR INSTRUCTION  
PURPOSES ONLY. Print page 1 only.



SHORT END B

Page 2

Page 1

Front Cover

Back Cover

LONG SIDE B

SHORT END A