

# Problem Solving Questions

It's okay to feel nervous and scared sometimes. We know we are safe if we can say yes to our problem solving questions.

**IF YES**  
it is safe



1

Is it something fun or needs to be done?

2

Can we tell a safe adult and get help?

3

Do we have some choice or control?

4

Are we **NOT** being hurt?

**IF NO**  
it is unsafe

