

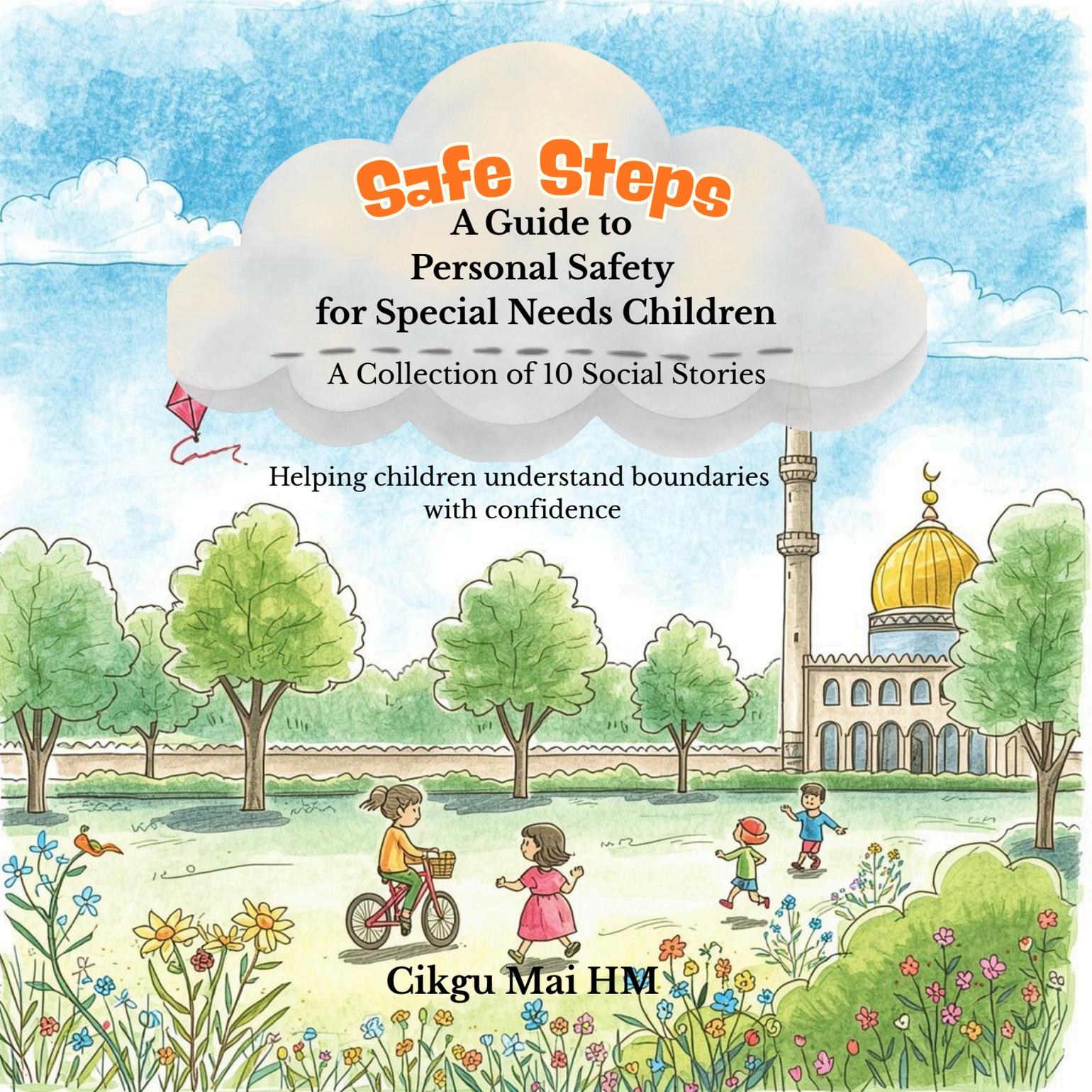
# Safe Steps

## A Guide to Personal Safety for Special Needs Children

A Collection of 10 Social Stories

Helping children understand boundaries  
with confidence

Cikgu Mai HM



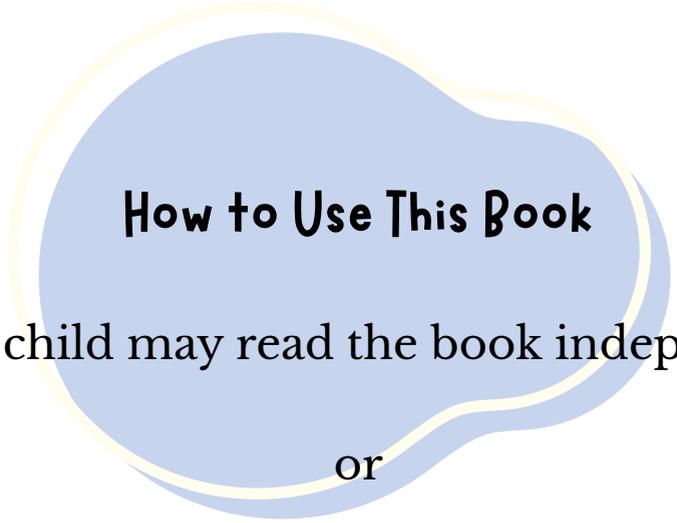
For all the wonderful children  
I've taught since I began my journey in SEN,  
and for every special needs child in Brunei Darussalam.

*"The world is better because you are in it,  
exactly as you are."*

Al-Fatihah for my students who have passed on.  
You will always be in my heart, and never forgotten.

 Cikgu Mai HM

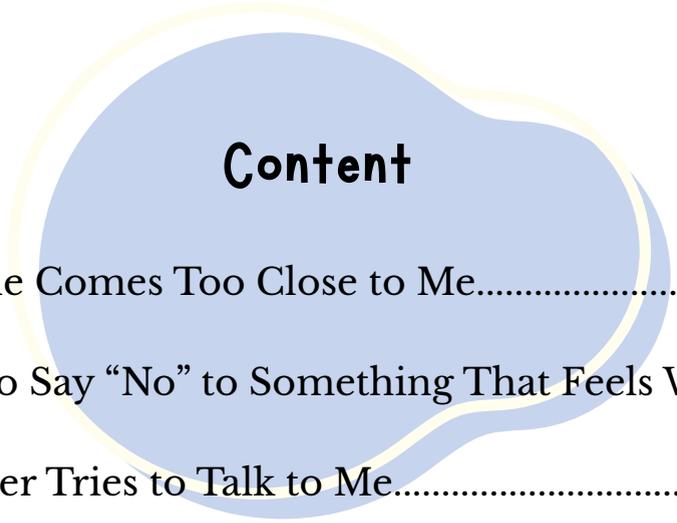




## How to Use This Book

1. The child may read the book independently,  
or  
you may read it aloud to them.
2. Continue this activity regularly,  
even after the child has become confident  
with all the steps.

**Consistent practice helps strengthen  
learning and routine**



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Social Story  
1

When Someone Comes Too Close to Me





Sometimes,  
someone stands  
very near to me.

This can  
make me feel  
uncomfortable.



I take one small  
step back.



Now,  
I have more space.



If I still feel uncomfortable, I can say,

Please give  
me space



If I feel scared,  
I can go to a trusted grown-up.



I deserve to feel safe.

## Social Story

### 2

# When I Need to Say "No" to Something That Feels Wrong

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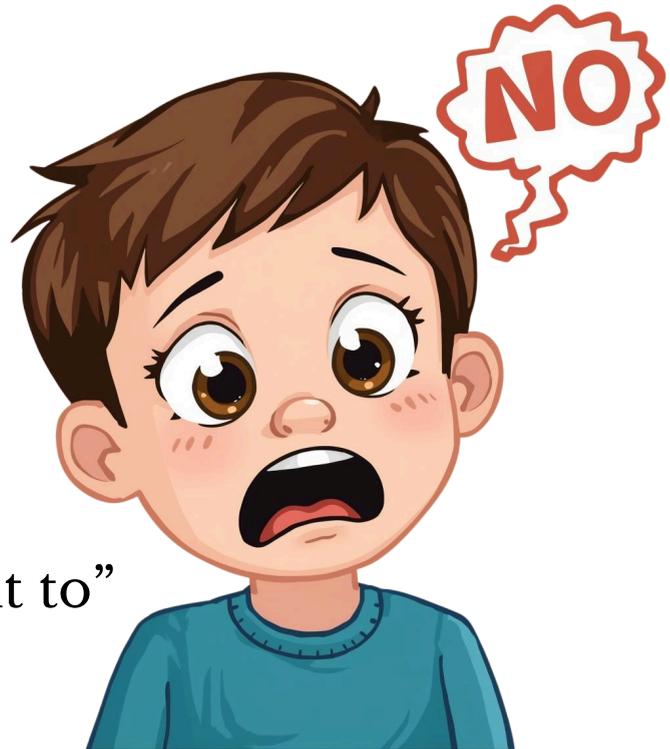


My friend pulls my hand angrily  
and says,  
*“Come with me behind the building.”*  
My heart feels uncomfortable.





I pull my hand back.



I say  
“No, I don’t want to”



I walk away to  
a safe place.

I tell a  
trusted grown-up  
what happened.



I did the right thing.



Keeping myself safe is important.

Social Story  
3

When a Stranger Tries to Talk to Me



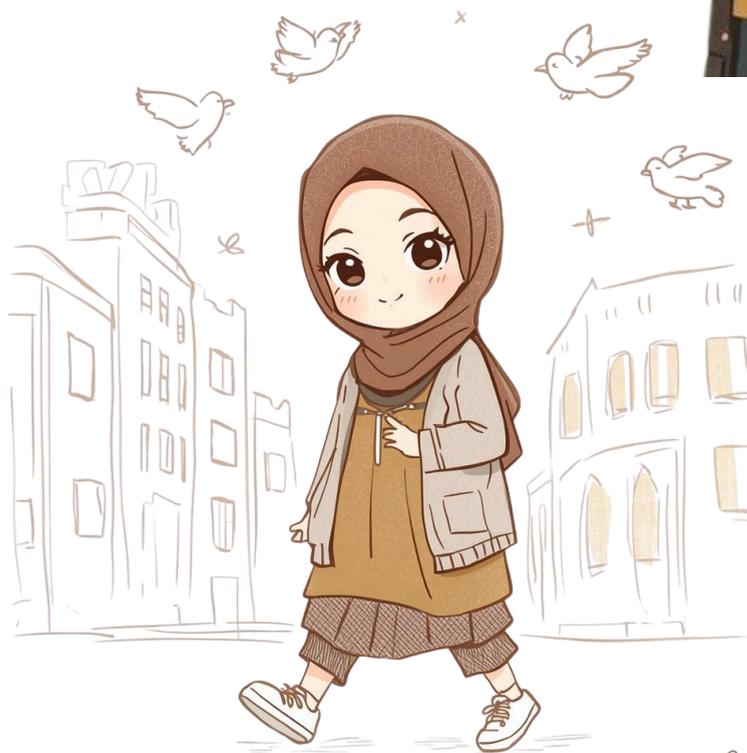


A man I do not know  
talk to me.

“Hi,” he says.



I remember:  
If I don't know them,  
they are a stranger.



I don't stop.  
I don't talk to him.



If he tries to talk to me again,  
I say, “No. I need to go.”

I walk away  
quickly.



I go to my teacher.  
I say,  
“A stranger talked to me.”



My teacher helps me.  
I feel safe.





I can stay safe:

- Do not talk to strangers
- Walk away
- Find a trusted grown-up

Social Story

4



**When I Need Help With My Clothes**

I am trying  
to button my shirt.



But the button  
will not go into the hole.



I try again.  
It still doesn't work.  
I feel a little frustrated.



That is okay.

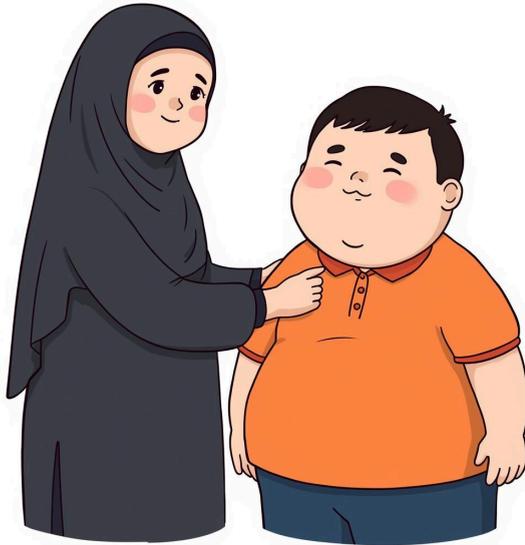


I stop  
and take a small breath.

I go to  
a trusted grown-up  
like Mama, Ayah, Nini,  
or my teacher.

I say,  
“Please help me.”





The grown-up  
helps me  
button my shirt.

I Say,  
“Thank You.”



## Social Story

### 5

# When I Go to the Toilet in School



When I need to  
use the toilet,  
I tell my teacher.  
“I need to go to the toilet,  
please.”



My teacher says yes.

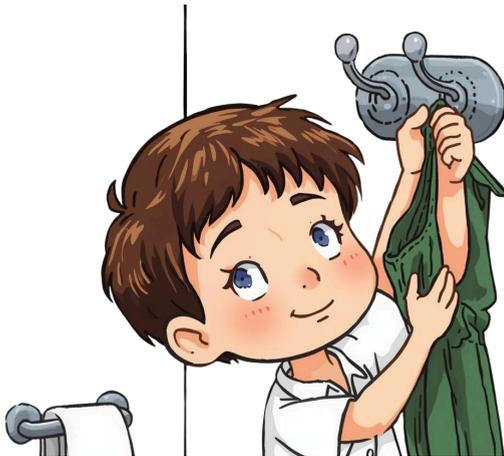


I walk calmly to the toilet.

I go inside and close the door.



I take off my pants  
inside the toilet  
and  
hang them properly.



I use the toilet.



I clean myself and flush.



I wear my pants again.

I wash my hands  
with soap.



I dry my hands.

Then  
I go back to class.



## Social Story

### 6

# When Someone Asks Me to Keep a Secret That Feels Wrong

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I am walking  
in the hallway  
at school.



My friend  
suddenly presses  
the fire alarm.



The alarm makes a loud sound.



My friend whispers to me,  
“Don’t tell anyone. Keep it a secret.”



I feel uncomfortable.  
Pressing the fire alarm is not safe.  
It feels wrong.



I say,  
“No, I don’t keep secrets.”



I walk to find a safe grown-up.  
I tell my teacher,  
“My friend pressed the fire alarm.  
I feel uncomfortable if I keep it a secret.”



I did the right thing.  
Fire alarms are only for emergencies.  
Telling a grown-up helps keep everyone safe.

## Social Story

### 7

# When I Feel Confused About My Body





I am sitting at my desk during class.

Suddenly,  
I feel a strange feeling in  
my stomach.

It is not pain.  
It just feels... different.  
I don't understand it.





I start to feel confused  
and a little worried.

I don't know  
what the feeling means.

I put my hand  
on my stomach and  
take a slow breath.



I tell myself, “I am not in trouble.”



I raise my hand and call my teacher.



I tell my teacher  
“I feel something different  
in my stomach.  
I feel confused.”

Teacher listens.  
Then, she asks me questions,

“Do you feel hungry?”  
“Do you feel nervous?”  
“Do you want to rest?”



I start to feel calmer.  
It turns out I was just hungry.



Teacher helps me figure out what I am feeling.

When I feel confused about my body,  
telling a trusted grown-up keeps me safe.  
They can help me understand what I feel.

## Social Story

### 8

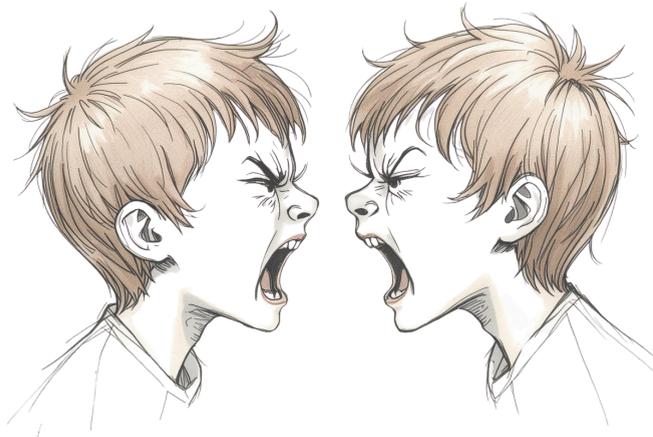
# When I See Something That Makes Me Uncomfortable



Today I see  
two of my friends fighting.



They are yelling.  
They look angry.





I feel uncomfortable.  
I feel scared.  
I feel sad.

I will keep myself safe.  
I walk away from the fight.





I tell a trusted grown-up,  
my teacher.

I say,  
“They are fighting.”

My teacher  
helps my friends.

She helps me  
feel safe too.

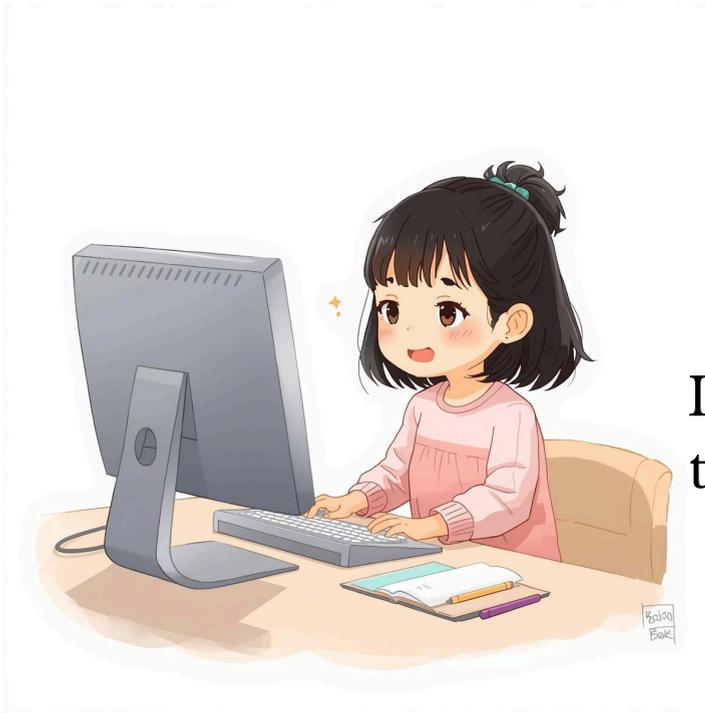


## Social Story

### 9

# When I Need to Use the Internet Safely





One afternoon,  
I use my computer  
to check my email.

I see one email  
that looks strange.  
The name and words  
look weird.





I feel uncomfortable.  
Something does not  
feel right.

I do NOT open the email.  
I do NOT click anything.





I tell a trusted grown-up,  
my father.  
I say, “I saw a spam email.”

My father  
helps me delete it.  
Now my inbox is safe.



**Social Story**

**10**

**When I See Someone  
Being Treated Badly**

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At school,  
I see a boy being bullied by two  
bigger boys.

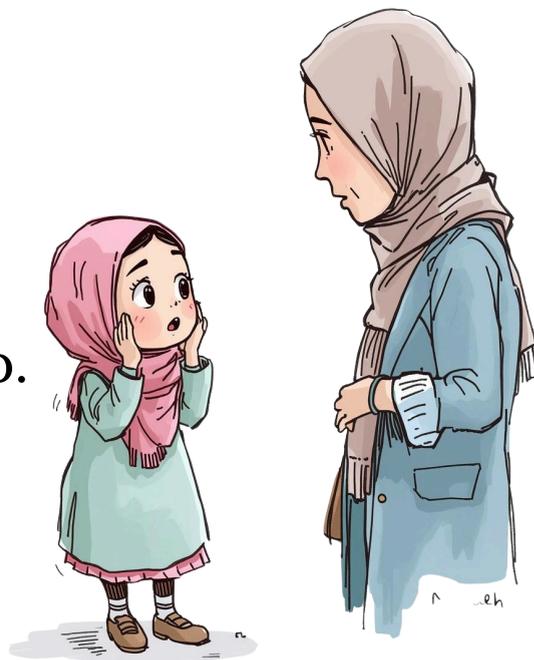


I feel uncomfortable.  
I feel scared or worried.



I keep myself safe.  
I do NOT go near them.

I find a trusted grown-up.  
I look for a teacher.





I tell my teacher.  
I say, "They are bullying him."

My teacher helps the boy.  
My teacher helps  
keep everyone safe.





I did the right thing.



# I Can Stay Safe

This book shows me how to stay safe. I can use these steps at school, at home, or anywhere I go.

When I feel scared or unsure,  
I can ask for help.  
I can tell a trusted grown-up.  
I can keep myself safe.

I did a good job learning my Safe Steps.  
I am smart.  
I am strong  
I am safe.