



# What just happened?

The day the police came to my house

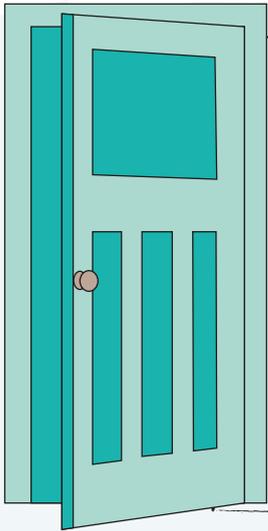




# Why were the police at my house?

Sometimes, police officers need to come into a home to help someone or look for something. A judge gives them a special paper called a warrant, which is like a permission slip to go inside.

## WHAT HAPPENED?



Sometimes the police knock on the door.

Sometimes the police might have to open it themselves.

It was loud, fast and scary at the time, messy, but the police still kept everyone safe.

**BANG**



## DID THEY TAKE ANY OF YOUR THINGS?

The officers took things with them to help them understand what happened. This is called collecting evidence.

Sometimes they might need to take a pet away to keep people safe.



## Did someone go with them?

If they need to ask a person more questions, the police might take them to a place called custody to talk and find out more. That person might come back later, or stay away for longer.



# How will I feel?

There are lots of ways you might be feeling!



## IT'S OKAY TO FEEL



Sad, confused, scared, angry or shocked. It's also okay to feel relieved or nothing at all. Sometimes you may feel lots of feelings all at once!

**MY BODY FEELS DIFFERENT?!**

Sometimes our bodies do different things when something surprising or scary happens.



Fast heartbeat



Hard to sleep



Upset tummy



Not hungry or extra hungry



Needing to go to the toilet more



Moving more or less



**THESE THINGS ARE NORMAL!**

**Remember**  
You are NOT to blame. It is never a child's fault for what adults do. This has happened to other kids too. You are not alone.

# How can I feel safe again?

You can try these calming tricks to help you feel safe again



## Listen to music

Listen to music or enjoy quiet.



## Deep breaths

Breathe in for 4 seconds, hold for 4, breathe out for 6.



## 5 finger trick

Breathe in going up a finger, out going down.



## Use your senses

Think of **5** things you see, **4** you can touch, **3** you hear, **2** you smell and **1** you taste.



## Hold something

Like a soft toy or smooth rock.



## Be in nature

Look at trees, feel the wind, count the birds.



## Cold water

Put your hands under a cold tap.



## Get creative

Draw, write a song, scribble feelings.

**YOU ARE SAFE NOW. YOU CAN FEEL BETTER AGAIN,  
LITTLE BY LITTLE**



# YOU ARE NOT ALONE.

There are people who care and want to help you.



**WHO DO I SPEAK TO?**

**Talk to someone you trust like...**

A friend



Family



A teacher



A youth worker



**EVEN IF YOU DON'T WANT TO TALK RIGHT AWAY, THAT'S OKAY. WHEN YOU'RE READY, THEY'LL BE THERE**

## REMEMBER

It's okay to have fun again when you're ready!



## SOME THINGS STAY THE SAME!

Look around. Your favourite tree, your toys, your teacher, your favourite football team, they're still here.