



*If I told you,  
**What would you do?***

*Would you make me feel **safe**?*

*Would you show me  
that I can **trust** you?*

*Would you help me find others  
who **understand** and can  
offer me **support**?*

*Would you **walk with me** at my pace?*

*Would you encourage me  
to use my **voice**?*

*Would you respect my **choices**?*

*Would you **value**  
who I am right now?*