

FRIENDSHIP SMART

SAFE SPACE JOURNAL

This is a place to keep track of difficult friendship moments, so kids can make sense of what's happening, notice patterns, and decide what to do next.

Your experience: What happened and how it felt	
Date, time, location	
Witnesses (who saw it or who you told)	
Any evidence (screen shots of messages, photos of harm, etc)	
What happened next (who you told, who helped, etc)	

Always remember, you don't have to handle this on your own.