

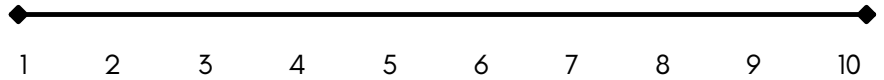
EXPOSURE

planning

CHARACTERISTIC THAT LIKELY APPLIES TO YOUR CHILD:

RATE INTENSITY OF "ANXIETY ALARMS" THIS TRIGGERS:

INTENSITY OF "ANXIETY ALARMS"



- PERSON doesn't keep their distance / will get too close to child
- PERSON will be demanding in some way / put pressure on child
- PERSON has a certain level of authority
- PERSON has a loud voice
- PERSON is someone child doesn't know well
- PERSON acts unpredictably
- PERSON is older / male / female / tall / *other characteristic*

- PLACE is somewhere child doesn't usually go
- PLACE has too many people
- PLACE where child has already had a negative experience
- PLACE is too loud

- EXPOSURE is something child hasn't had much practice doing
- EXPOSURE means child has to move their body, requiring courage
- EXPOSURE is something child might mess up
- EXPOSURE is something child has a negative experience with
- EXPOSURE means having other people watching child
- EXPOSURE might attract others' attention
- EXPOSURE requires child to speak