

# I DESERVE

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I deserve to feel safe.



I deserve love and care.

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I deserve to feel well cared for.

I deserve to talk about my feelings.



I deserve to be treated kindly.



I deserve to say "no" to things that feel wrong.



I deserve to be listened to.



I deserve time to rest, play and learn.

I deserve help when I need it.



I deserve to be myself.

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## I Deserve - Poster for Children.pdf

Self-worth, safety and emotional expression sit at the centre of this colourful children's poster. It presents ten simple "I deserve" statements, including "I deserve to feel safe", "I deserve love and care", "I deserve to talk about my feelings", "I deserve help when I need it" and "I deserve to say 'no' to things that feel wrong".

The main printable content is a one-page illustrated poster with each affirmation placed inside its own rounded panel. Friendly images of animals, including a sleeping cat, fox, bear, rabbits, owl, dog, lion, elephant and zebra, help make the messages feel warm and accessible for younger children.

Practitioners can use the poster as a visual prompt during direct work, emotional literacy sessions, safeguarding conversations or work around boundaries and trusted adults. It may also be useful for social workers, counsellors, teachers, family support workers and carers who want a child-friendly reminder of rights, care and healthy relationships.

The wording is brief enough to read together with a child, choose one statement to discuss, or invite the child to identify which message feels most important that day. It could be displayed in a calm corner, used at the beginning of a session, or sent home as a supportive visual for families to talk through together.

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