



**Victim First**

Leicester, Leicestershire & Rutland

## How I want to be treated...

Draw some more leaves around the tree man.

Inside the leaves, write down all of the words that are important to you about how you should be treated.



Talk through the examples below to see which ones you think should be added to the tree and which ones should not:

e.g. Supported, controlled, respected, loved, listened to, ignored, trusted, abused, spoilt, used, scared, needed, impressed, cared for, cheated on, made to laugh, makes me sad, appreciated, treated fairly, bullied, alone, bossed around, treated equally, worthless, together, happy, lonely

**Once you have completed the tree, put it somewhere to remind you of how somebody who cares about you should treat you.**



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## How I want to be treated...

If you are visually impaired or do not want to write or draw your ideas down, this activity can also be done verbally.

Step 1 - think about what a good friend is to you and ways that you think someone who is a good friend should treat you

Step 2 - have a discussion with a parent, carer or friend about these words and what they would mean to you

Step 3 - if you want to record your 'How I want to be treated' words, you could try speaking these out loud and recording these on a device so you can play them back to yourself to remind you of how you like to be treated.