

## What The Safe and Sound Protocol (SSP) is like

The children and young people who have used SSP, talk about how it has changed things for them:

'He said that he's thinking better, feels more alert, we see him up earlier and spending more time with us downstairs'

"I liked doing drawing when I did SSP...maybe I got better at drawing, I think".

I don't get ragey anymore, unless I actually plan to 🤔

"It's okay to do...well I felt sick first time... I did too much...but it was weird then okay"

"I feel I can tell people how it is, what annoys me"

"I get more time online cos I'm calmer most of the time now"

"I enjoy horse riding lots more now, I don't get so worried before it"

"Definitely faster on platforms after SSP"

"It's easier in drumming lessons...but I don't know why"

*I'm feeling better at Maths and English, I've got a lot better at understanding the question being asked.*

"The SSP is the only thing that has ever helped me. More people should do it, some people might be nicer if they did".

"I like taking the dog out, on my own and it's okay now"

Less downs more dub, huh!

I get on better with my family. I do more things with them.