

Step Up Your Safety for Youth is a down-to-earth, engaging program designed to help you recognize unsafe situations – whether you're at school, at work, or out with friends – and know how to take action. You'll learn how to speak up, trust your gut, and make confident choices that protect your well-being. Through videos, real stories (including mine), and short quizzes, you'll build skills that help you stay safer now and in the future.

When I was 21, I lost my leg in a workplace incident – something that changed my life forever. Since then, I've made it my mission to help young people like you avoid preventable injuries, not just by focusing on physical dangers, but also by understanding the emotional and psychological pressure you can face. This program is here to inspire you, empower you, and give you the Courage to Care – for yourself and others. Because when you step up for your safety, you're stepping into your power.

STEP UP YOUR SAFETY

