

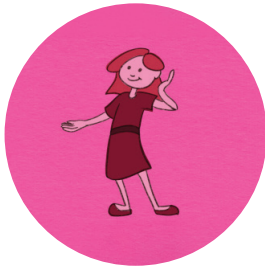
Who is a “Trusted Adult”?

Trusted adults are people whose words and actions make you feel safe.
Trusted adults act this way both online and offline.

Actions

Trusted adults...

Listen to you
when you have
a problem or
question



Help you
and make you
feel safe

Respect your
body and your
personal space



Words

Trusted adults say things like...

I'll answer
your questions.

You can tell
me if you have
a problem.

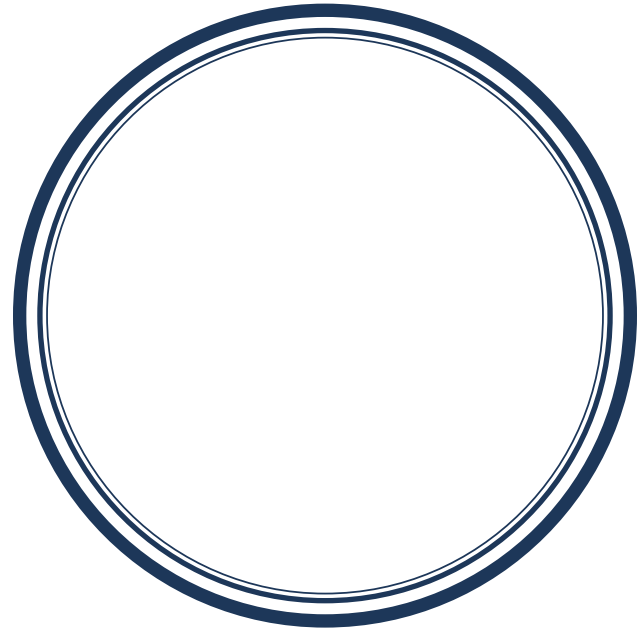
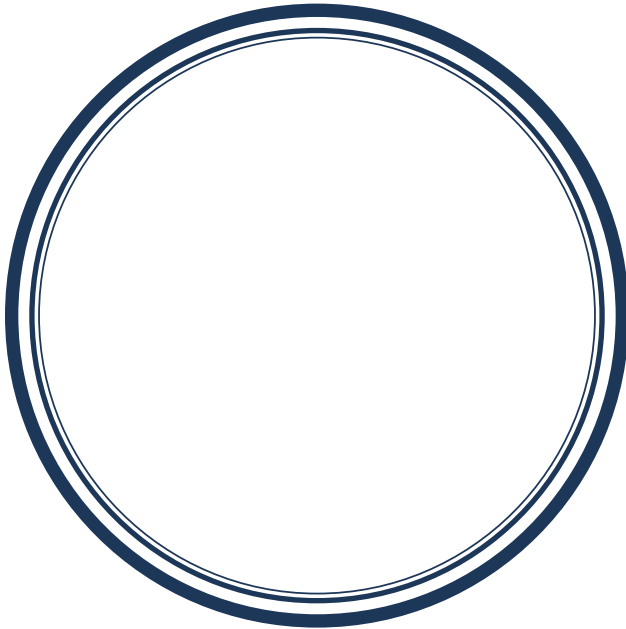
I care about
what you think.

A trusted adult can be any grownup whose actions and words make you feel safe; a teacher, a mentor, a parent, a coach—anyone who loves you and respects you. It is always OK to ask for help from a trusted adult and to **keep asking** the same person or another trusted adult if they don't understand or if you don't **get the help that you need**.

Name: _____

Some of My Trusted Adults

Draw a picture of your trusted adult in the circles.
Below the picture, add their name and why you trust this person.



Name: _____

Name: _____

I trust this person because

I trust this person because
