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.
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

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