

How To Tell If Someone Is Safe

Worksheet For Children (10 Yrs And Older)

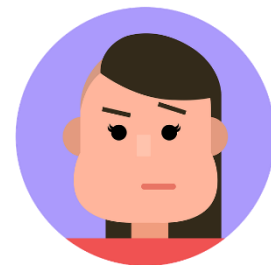
Qualities of a Safe Adult

Complete this worksheet with a parent, caregiver, teacher, or safe adult.

Read these examples together, then add your own.



A Safe Adult
WOULD



A Safe Adult
WOULD NOT

Respect that you have rules and boundaries you need to follow in your family and your life.

Make you feel safe and comfortable.

LISTEN TO YOU.

Believe you when you tell them something.

Help you solve problems and be there for you no matter what.

Ask you to keep secrets.

Try to talk you into or out of things.

Tell you that you are stupid, or that your feelings don't matter.

Try to trick you or anyone else especially if you have a problem or something that you're worried about.

Make you feel ashamed of being YOU.

Now, follow the next steps.

1. Trace your hand below. (If you'd rather draw a flower, be sure there are three to five petals on the flower). On each finger (or petal), write the name of a safe adult in your life that you could go to about ANYTHING. A safe adult could be a parent, teacher, coach, mentor, family member, friend, or any adult that helps you feel safe and comfortable.

2. After you complete your hand or flower, ask a parent or caregiver to help you contact each safe adult to tell them you have chosen them as a safe adult in your life.

Say something like:

"I chose you as a safe adult in my life because

_____."