

# How To Tell If Someone Is Safe

Worksheet For Children (10 Yrs And Younger)

Safe adults are people who you can go to if you feel unsafe. Safe adults model healthy behaviors and set a positive example for children.

*Find and circle the qualities of a safe adult.*

*Hint: There are 3!*

Respect your boundaries

Listen to you

Say mean things to you

Trick you into something

Help you feel safe and comfortable

Make you keep secrets

*Write 2 more qualities of a safe adult.*

1. A safe adult would...

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2. A safe adult would...

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## Hand Tracing Exercise

**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**

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