

Kid-Friendly Worksheet

How do you know someone is safe?

Qualities of a Trusted Adult or Friend

Do this worksheet with someone you trust like a parent/caregiver, teacher, or adult friend.

Read these examples together, then add your own.



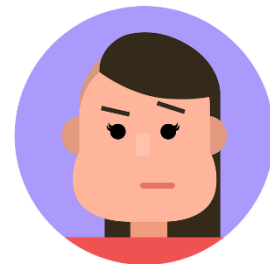
A Safe Adult or friend **WOULD**

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

LISTEN TO YOU.

Believe you when you tell them something.

Help you solve problems by letting you know they are there for you no matter what.



A Safe Adult or friend **WOULD NOT**

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. This adult could be a parent/caregiver, a teacher, a coach, a mentor, a friend, or any adult that makes you feel safe.

2. After you complete your hand or flower, have a parent/caregiver or adult friend 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 _____."