

Kid Worksheet

How do you know someone is safe?

Safe adults are people you feel safe around. Safe adults respect you with their words and actions.

Find and circle the qualities of a safe adult.

There are 3.

Respect your body and boundaries

Listen to you

Say mean things to you

Trick you into something

Help you feel safe

Make you keep secrets

Write 2 more qualities of a safe adult.

1. A Safe Adult would..._____

2. A Safe Adult would..._____

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. This adult could be a parent, 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 or 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 _____."