

# Student Worksheet

*How to talk to someone when you have a personal challenge or you need help with a mistake you've made*



**A note to YOU:** This worksheet is designed so you can identify safe relationships in your life so you have someone you can talk to in difficult times. We hope there is an adult in your life currently that meets your list for someone you can trust. Remember, there are resources available if you don't know a safe person you can trust. View the Resources section on the For Teens page on the [iRespectandProtect webpage](#).

**First, start with identifying WHAT makes someone safe.**

*Ask yourself, "What makes someone SAFE to talk to about the hard stuff"?*

## Qualities of a Trusted Adult or Friend

They DO	They DON'T

Some suggested qualities are on the next page.

## Qualities of a Trusted Adult or Friend

### They DO

Listen calmly and wait until you finish talking

Offer support and reassurance by not judging or making you feel ashamed

Help you find resources to respond to your situation (i.e. "I'll be with you when you tell your parents/teacher/coach...")

Set boundaries so everyone is safe

Check in with you regularly

### They DON'T

Over-react

Blame

Bring someone else into the conversation without your knowledge

Scare you with predictions of what will happen

## Next, identify WHO you could talk to.

*Complete the chart to help you identify who you could go to in times of need. Space is available for you to create your own scenario.*

Problem	What might that person be feeling or fearing	Who could help
Locked the keys in the car	Afraid to call home cause it's the 3 <sup>rd</sup> time this week	AAA or other car service Parent
Cheated on a test and got caught	Feel ashamed, embarrassed, fearing they'll flunk the class or worse. Fear their parent won't understand why they made the choice to cheat.	Teacher School Counselor Parent
Sent a pic/video that has gone viral in a bad way		