

Name: _____

Date: _____

My Trusted Adult



Trusted Adult:

Trusted adults are people who have **proven to you** that they are **trustworthy**. Sometimes we trust our parents, our older siblings, our older friends, a PCA, or a teacher to help us through our lives. If someone is older than you are *and* has shown that they can be trusted, then you might say they are a **trusted adult**!

Remember: Not **every adult** is a trusted adult! Here's what to look for when looking for a trusted adult.

Trusted adults are **always**:



1. People you can count on!
2. People who will help you and keep you safe!
3. People who do not hurt you!
4. People who treat you with respect!
5. People who are older than you!

Who are your trusted adults? Choose two people. Fill in the information below.

_____ is one of my trusted adults.

- I know he or she will always help me.
- I know he or she will try to keep me safe. He or she does not hurt me.
- He or she wants the best for me.
- He or she is honest with me; tells me the truth.

_____ is one of my trusted adults.

- I know he or she will always help me.
- I know he or she will try to keep me safe. He or she does not hurt me.
- He or she wants the best for me.
- He or she is honest with me; tells me the truth.