



Resource Pack A

Who is a trusted adult?

Have your thought about who is your trusted adult? Trusted adults are people whose words and actions make you feel safe and at ease.

What might a trusted adult do or say

Listen to you when you have a problem or a question

Try and answer your questions or help you find solutions

Help you and make you feel safe

Say you can talk to them about any problems

Respect your body and your personal space

They care about what you think and how you are feeling

Ask you if you are okay?

They may be concerned about you

A trusted adult can be any grown-up whose actions and words make you feel safe; a teacher, a mentor, a parent, a coach - anyone who loves you and respects you. It is always OK to ask for help from a trusted adult and to keep asking the same person or another trusted adult if they don't understand or if you don't get the help that you need.



Some of my trusted adults

Draw a picture of two of your trusted adults in the spaces below. Below the picture, add their name and why you trust this person.

Name:

I trust this person because:

Name:

I trust this person because: