



Who are your 5 Trusted adults?

Trusted Adult Worksheet

★ NAME & PHONE:

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★ NAME & PHONE: ★

★ Family Discussion

SEE OTHER SIDE!

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Trusted Adult Worksheet

★ Family Discussion

Parents / Guardians:

The purpose of this worksheet is for your child to identify five trusted adults in his/her life. If your child experiences a situation that makes him/her feel uncomfortable, these are the people your child feels they can go to for help. Please talk with your child about saying “NO” when he or she is uncomfortable with someone’s request, touch, or behavior and the importance of telling a trusted adult. Help your child with phone numbers and find a safe place to put this document. Please review and update this trusted adult worksheet periodically as the identified people may change.

Another very important topic in class today was the difference between a **secret** and a **surprise**. Ask them to explain to you the difference. Another suggestions would be to make a pact to become a secret free family and have a “no secrets” rule.