

Trusted Adult



Someone you trust, feel safe with and can talk to.

Here are some people you can talk to:



✓ Parent/Carer



✓ Someone you look up to and trust



✓ A teacher



✓ A Doctor/Nurse

✓ A Police Officer

What happens when you talk to a trusted adult?

When you talk to a trusted adult they will listen, help you understand your problem and maybe even give you some ideas of how you could fix it together.

If you can't think of a trusted adult to speak to, you can always talk to Childline.

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Whether you are feeling:



Happy



Sad



Nervous



Worried



✓ No matter what there will ALWAYS be someone to listen.



For more information, check out your safer schools App!

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Qualities of a Trusted Adult

Write around the profile of the trusted adult image, the qualities a trusted adult should have.

[Blank writing area]

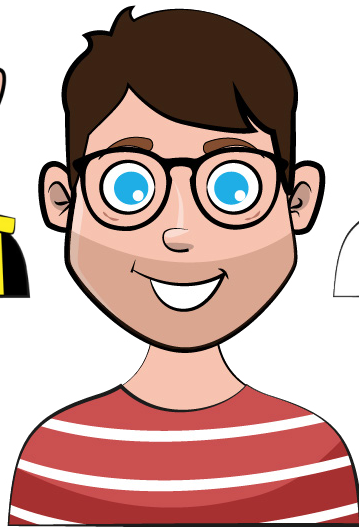
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Trust Team

Draw the people in your life that you feel comfortable with and can tell things to.
Who is on your Trust Team?



Name:



Name:



Name:



Name:



Name: