

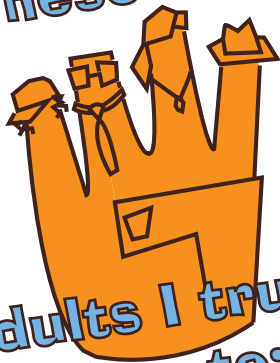
Every child needs at least 4 adults they trust in their lives.

## When I'm feeling



confused, excited, worried, cheerful...

These are



adults I trust  
and go to:



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

I am



1 of 4  
keeping a child safe

# A trusting adult to me:

- Respects the boundaries of my body
- Has safe and healthy boundaries for my family
- Recognizes my feelings
- Lets me express my feelings
- Understands my choice when I say, "No, I don't want to be touched right now."
- Listens to me when I am happy or scared
- Believes me when I am confused or concerned
- Spends time with me
- Helps me make healthy decisions for myself
- Doesn't make me keep secrets that make me feel uncomfortable
- Takes action for me to keep me safe
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



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