

BE A TRUSTED ADULT



How to be a Trusted Adult:

- Listen without judgment
- Believe what they tell you
- Stay calm, even when it's hard
- Respect their feelings and privacy
- Be someone they can count on
- Let them know it's not their fault
- Take concerns seriously
- Know how to get help when needed

Foster Open Communication with Your Children:

- "What was the best part of your day? What was the hardest?"
- "How do you feel when someone listens to you?"
- "What would you do if a friend told you a secret that made you worried?"
- "Has anything ever made you feel uncomfortable or unsure?"
- "Who are the adults you feel safest talking to?"
- "What does being a good friend mean to you?"
- "If something was bothering you, how would you want someone to help?"
- "What does 'personal space' mean to you?"

Talk to Your Children About Personal Boundaries:

- It's okay to say NO to anything that makes you uncomfortable
- Your body belongs to YOU
- No one should touch you without your permission
- You don't have to hug, kiss, or be around anyone if you don't want to
- Secrets about safety are never okay
- Trust your feelings—speak up if something feels wrong
- A trusted adult will listen and support you

