Trusted Adult

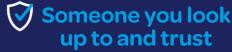
Someone you trust, feel safe with and can talk to.

Here are some people you can talk to:









Whether you are feeling:



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

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



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





Qualities of a Trusted Adult

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





Trust Team

Draw the people in your life that you feel comfortable with and can tell things to.

Who is on your Trust Team?

