

Trusted Adult

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

Here are some people you can talk to:



✓ A Teacher



✓ A Police Officer



✓ Parent/Carer



✓ A Doctor/ Nurse



✓ Someone you look up to and trust

Whether you are feeling:



Happy



Sad



Nervous



Worried

✓ 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.

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.

[Blank writing area]

[Blank writing area]

[Blank writing area]

[Blank writing area]

[Blank writing area]

[Blank writing area]



[Blank writing area]

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[Blank writing area]

[Blank writing area]

[Blank writing area]

[Blank writing area]

[Blank writing area]

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: