

Who is a trusted adult?

A trusted adult is someone who you can talk to about anything. They are a good listener. They can be someone who has helped you in the past.

This might be a family member, school counselor, teacher, club leader, coach, etc.

**What kinds of things can you
tell a trusted adult?**

You can tell a trusted adult anything you want to!

This could include things that make you feel uncomfortable or confused. Trusted adults will try to help you no matter what the problem is.

They are also there to celebrate and encourage things that are going well in your life.

**What would a trusted adult do if you told them you were worried about being in an unhealthy relationship?
What if you told them that something dangerous or bad happened to you?**

A trusted adult would try to help you solve the problem.
They would be understanding and get help.
They would try to help you get out of that relationship
and work to keep you safe.

**Do I only need one trusted
adult in my life?**

Some people have one person who they talk with about any issue or problem they are facing.

Other people have different trusted adults they talk to depending on what they want to talk about.