

# Trusted Adults

## What is a trusted adult?

Trusted adults are adults you know well, who care for you and help you to feel safe.

You can go to them with your worries. They will listen to you and give you the help you need.

## Who could be a trusted adult?

- an adult who looks after you
- other adults in your family
- your teacher
- other teachers in school



**Who are your trusted adults?**