

My trusted adults

A trusted adult is a grown-up who is kind, listens to you and helps you feel safe.



NAME _____ CLASS _____

LEARNING GOAL

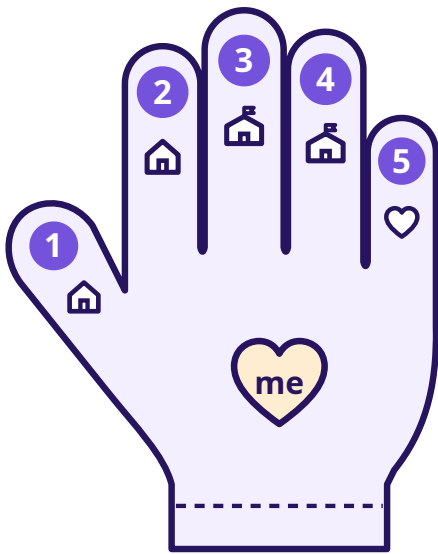
I can name grown-ups I trust and ask them for help.

SUCCESS CRITERIA

- ☐ I can name trusted adults at school and at home.
- ☐ I can say what I would do if I felt worried.

1 My trusted adults hand

Draw one trusted adult for each finger and write their name.



Or draw around your own hand.

1	Thumb At home		NAME _____
2	Pointer finger At home		NAME _____
3	Middle finger At school		NAME _____
4	Ring finger At school		NAME _____
5	Little finger Someone else		NAME _____

2 My pocket cards

Fill in your cards with a grown-up. Cut along the dashed lines and keep them in your bag or tray.

✂ If I feel worried I can... - tell a trusted adult - keep telling until someone listens - draw it, write it or show it A trusted adult will listen and help me stay safe.	At school I can talk to Safeguarding lead _____ _____	Outside school Helpline in our country: _____ A grown-up at home: _____	Feelings words happy calm safe excited worried sad scared cross lonely confused I feel _____
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Our trusted adults

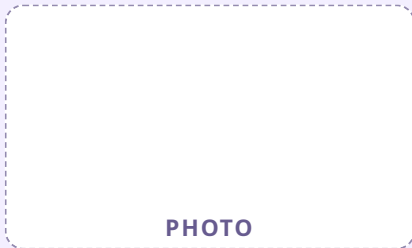
You can talk to us about anything, big or small.



Feeling worried? Tell a trusted adult. Keep telling until someone listens.

At school you can talk to

Our safeguarding lead

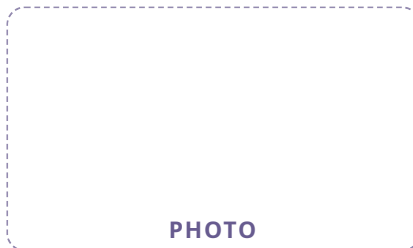


PHOTO

Name _____

Find me _____

Trusted adult

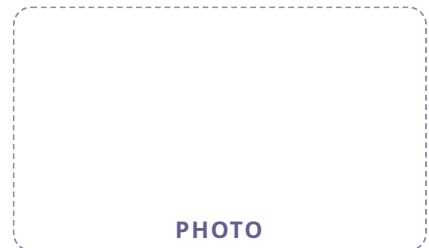


PHOTO

Name _____

Find me _____

Trusted adult

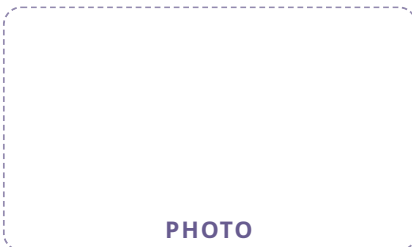


PHOTO

Name _____

Find me _____

Trusted adult

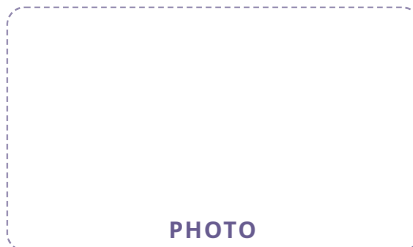


PHOTO

Name _____

Find me _____

Trusted adult

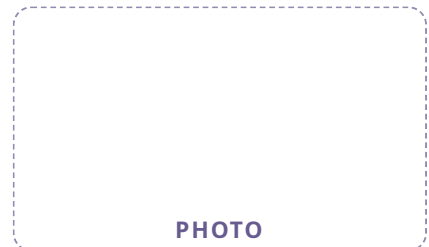


PHOTO

Name _____

Find me _____

Trusted adult



PHOTO

Name _____

Find me _____



A trusted adult will listen, and if they need to, they will get help to keep you safe.

Outside school

Helpline in our country:

A grown-up at home can help you too.