

# SAFE ADULTS TO TALK TO ABOUT MY FEELINGS

Sometimes I might have questions about myself or others. I might be confused or unsure about something and would like an answer. I can talk to someone I trust, like a safe adult. Safe adults care about me and want to keep me safe.



When I have questions about myself or my body, I can talk to:

My Parents



Teachers



School Social Workers



Doctors



These safe adults will listen to my questions and provide me with help. If I need to ask them a question, I should tell a safe adult, "I have a private question."



They will understand that this question should not be:

In front of the class



People who are not safe adults



It is important to talk about the questions or feelings I have. When I share these questions or feelings with a safe adult, I feel better.

